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For those about to rock, 'Cat Friday' salutes you

Tyler (Cat Friday) Gardner shows off his moves in hopes that Calgarians with a case of rock-riff-fingers will sign up for a local air-guitar competition and just maybe go on to become world champs. More coverage, metroNEWS HELEN PIKE/METRO

Pledge of support

PRIDE PARADE
'Statement of values' needed to march in 2015 festivities



Participants in Calgary's 2015 Pride Parade will have to sign a pledge affirming they are true LGBTQ allies after organizers became concerned about some marchers taking part in last year's event primarily for a public-relations boost.

Pride spokeswoman Tansy Wong said politicians of almost every stripe were among the 105 entrants in the 2014 parade but their actions that day didn't always match their words later on.

The new pledge comes "in response to the Alberta GSA policies that have been under debate in 2014," Pride Calgary states on the 2015 parade application website.

Wong said organizers stopped short of excluding any particular group because of the event's overarching values.

"We want to build an inclusive festival that anybody in Calgary can attend and participate in without discrimination," Wong said.

Former Calgary-Buffalo MLA Kent Hehr, who's now running for the Liberals in the upcoming federal election, said he believes most politicians in Alberta would be able to march in this year's pride as full allies.

Hehr applauded Pride Calgary's new pledge approach, hoping it will prevent participation purely for "political points."

Wong said Vancouver's Pride parade has a similar statement.

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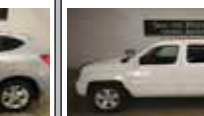






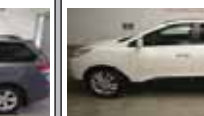




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Some of the damage caused by vandals to Jennifer Alsford's home in the Calgary neighbourhood of Queensland. Alsford was in Ontario recovering from a stroke at the time. COURTESY LARA TULLOCH

Vandalism of home not covered

INSURANCE

Stroke victim nearly left high and dry after April crime



Jeremy Nolais
Metro | Calgary

As 66-year-old Jennifer Alsford recovered from a December stroke that left her unable to walk and barely able to talk, skateboard-wielding vandals

broke into her Calgary home and trashed it.

They busted walls, urinated on the carpets, smeared blood on the windows and scuffed up doors and appliances. An entertainment set was smashed and numerous windows were busted.

All told, the damage caused to the Queensland-area residence during the April 16 rampage totalled nearly \$10,000, but Alsford's family, who had taken her back to Ontario to care for her, figured it would be covered by her home's policy through Intact Insurance.



There probably is a very good opportunity for us to do education as a result of this.

Rosa Nelson

However, the company's policy — and those offered by most insurance providers — specify that if the homeowner has no intention to return to the residence, vandalism isn't covered.

Daughter Lara Tulloch had put the home up for sale, with the intent of finding a smaller abode for her mother once she's recovered.

It didn't matter, either, that Tulloch had arranged for someone to check on the Queensland home every 24 to 48 hours.

"I don't think it's right," Tulloch said earlier this week. "I don't think it's fair. If my mom was in Calgary, she'd be in the hospital still."

On Wednesday, however, after being contacted by

Metro, Intact representative Rosa Nelson said the company would work to find a "solution," given the "exceptional circumstances" of Alsford's case.

Still, Nelson said the claim was "handled legitimately" and the case should serve as a cautionary tale for other homeowners who believe they're covered even after vacating the home.

"There probably is a very good opportunity for us to do education as a result of this," Nelson said.

Realtor Tracy Carson, who's been working to find a buy-

er for Alsford's residence, agrees.

After learning of Intact's policy for vandalism of a vacant home, she notified her colleagues to inform their clients.

"When we know the home is going to be vacant and we tell them (homeowners) to talk to their insurance, often they don't talk about vandalism," Carson said. "The insurance company focuses on fire and water and how you have to have somebody in there every 72 hours in case of water damage and all that kind of stuff."

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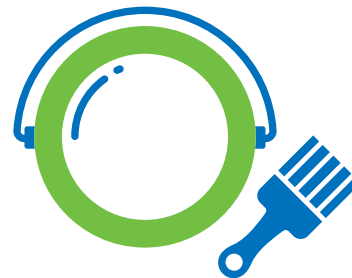
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See page 41 for full details.



A Calgary police cruiser can be seen at the entrance to the Willow Park Centre parking lot on Wednesday afternoon. Several police vehicles and numerous officers were on scene following a daylight shooting that left one man dead. MORGAN MODJESKI/METRO

Victim dies after southeast shooting

CRIME

Man appears to have been targeted in Willow Park



Morgan Modjeski
Metro | Calgary

Police confirm one person is dead and the killer is still at large following a brazen daylight shooting in southeast Calgary Wednesday morning.

Officers were called to the 10300 block of Bonaventure Drive SE in the community of Willow Park around 10:45 a.m. after reports of shots being fired, police said.

Duty Insp. Michael Watterston said Wednesday afternoon the business involved in the shooting was a probation office.

Little additional information was released about the victim since it's early in the

investigation, and Watterston said his identity would be confirmed after an autopsy scheduled for Thursday.

While the building has since been cleared and the attack appears to have been targeted, any daylight shooting is worrisome for police.

"This is an area that has a number of businesses," Watterston said. "There's high expectation that members of the public frequent these businesses at that particular time, so absolutely there's a real concern for public safety here."

Ali Eldani, a hairstylist at Fusion Hair and Nails, located in the Willow Park Centre, said he heard two quick bangs that sounded like gunshots.

"I was busy with my clients inside the salon and I just heard two gunshots," he said. "I did not move from my area. I locked my door and I called 911."

He said staff were shaken up at first, but things calmed down when police arrived

“

This is an area that has a number of businesses ... Absolutely there's a real concern for public safety here.

CPS Duty Insp. Michael Watterston

on scene. He added that the shooting took place inside the building's entrance.

"It was a little bit frightening in the first couple minutes until the police arrived," he said.

Police said why the victim was in the building and what he was doing before the shooting is something they're trying to determine as part of their investigation.

Anyone with information about the incident is asked to contact the CPS non-emergency line at 403-266-1234 or Crime Stoppers to report the information anonymously.

CRIME

Police investigating after man attacked with bear spray

Calgary police say a man was taken to hospital on Tuesday after he was bear-sprayed in downtown Calgary.

Duty Insp. Michael Watterston said officers were called to the 700 block of 8 Street SW around 11:45 p.m.

Police say the victim appears to have been bear sprayed near an LRT station, noting he then walked into a Mac's convenience store

yelling for help.

Police said a third party made the call.

"Essentially, we got the call because there was a male yelling that he's been bear sprayed," Watterston said.

Police describe the offender as an aboriginal man wearing a black-and-red tracksuit, and they note it's unlikely it was a random attack.

Calgary EMS treated the

man at the Mac's Store and he was taken to hospital as a precautionary measure.

Anyone with information about this incident is asked to contact the Calgary police non-emergency line at 403-266-1234 or Crime Stoppers to report the information anonymously. METRO

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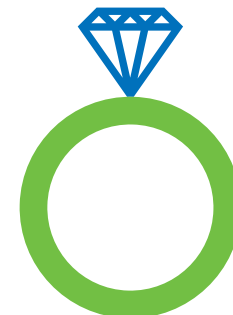


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IN BRIEF**NDP to make education funding announcement**

Alberta's NDP government is due to make an announcement on education funding Thursday, one that could mark the first major shift away from the Tory March budget. The new government is less than a week old but has made commitments to school boards that need to be addressed with the 2015-16 year looming.

JEREMY NOLAIS/METRO

CAMPAIGN PLEDGE**Cancer centre decision in limbo**

Facing repeated questions Wednesday about seeing through a campaign pledge to erect a single-site cancer centre at Calgary's Foothills Medical Centre, Premier Rachel Notley said it would be "irresponsible" to comment until she and her colleagues are fully briefed.

Notley took the reins as premier Sunday and has appointed former school trustee Sarah Hoffman as her health minister.

"My plan is to be precise in

an announcement you will get in the days going forward," Notley told reporters. "We're in the midst of being briefed on all the various elements to it — the cost, the time, the delay in the process — all those things."

Previously, the ousted Tory government angered many cancer survivors and advocates when it announced a move to split the long-awaited centre across two sites at Foothills and the newer South Health Campus.

Talk of the centre ratcheted up just as the Canadian Cancer Centre put out a report Wednesday that said the number of diagnosed cases in the province is forecast to jump by about 60 per cent compared with the national average of 40 per cent.

An estimated 28,140 people in the province will be diagnosed with cancer in 2030, up from about 17,000 this year, the report says.

JEREMY NOLAIS/METRO



Rachel Notley fields reporters' questions from Calgary's McDougall Centre on Wednesday. JENNIFER FRIESEN/FOR METRO

Hospital crowding a Tory 'legacy'**HEALTH CARE****Premier pledges to add 2,000 beds over four years**

Jeremy Nolaish
Metro | Calgary

Alberta Premier Rachel Notley is pledging to add hospital care spaces, saying recent examples of patients being squeezed into inadequately sized rooms stem from years of Tory infrastructure neglect.

The NDP leader has pledged to add 2,000 long-term care beds over the next four years to cut down on hospital congestion and improve care for seniors, but details on the roll-out of the lofty health-care plan are still to come.

"The key is to make sure people are cared for and they receive the care that they need," she said. "Unfortunately, when the infrastructure has not kept pace, as we know was the legacy of our previous gov-

ernment, people end up making less than opportune decisions in order to ensure care is provided where it's needed."

Metro has spoken with two patients who said they were forced into private rooms that were converted to squeeze them and an additional patient in. One man, who recently had his right leg amputated below the knee, said he couldn't get into his wheelchair without shutting his room's door.

Notley wouldn't say whether AHS should discontinue the practice of converting private rooms to house multiple patients. But interim Progressive Conservative Leader Ric McIver said his party's March budget, one issued before they were ousted as government, was set to address the need for additional hospital beds.

He also took issue with suggestions from Notley on Wednesday that the province's financial picture may be gloomier than the PCs had advertised.

"At some point, they're actually going to find the solutions that they said they already had when they ran in the election," McIver said.

+ RAISING ALARMS

An Alberta Health Services director has also raised alarms after witnessing a number of patient beds situated less than one metre apart, equating the scenario to the trench-medicine era seen in the

First World War.

Dr. Francois Belanger, AHS medical director for Calgary Zone, said the "overcapacity spaces" the patients were staying in were only turned to as a "last resort."

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Bystander takes a stand

ACCIDENT

Man helps victim of car crash until EMS arrives



Morgan Modjeski
Metro | Calgary

It was an instance where instinct took over.

A Calgary man said it was pure reaction when he ran to the aid of a woman who was trapped inside of her car after it flipped onto its side following a collision Tuesday evening.

Matt Johnson said he was working with his friend John on an RV outside of their home when they heard a large crash come from the intersection of 162 Avenue and 6 Street SW around 7 p.m.

"I heard a bang and just looked down toward the intersection and saw the car laying on its side," said Johnson, who is trained in first aid.

"I called to John and told him



Firefighters work to remove the victim of a car crash from a vehicle on Tuesday evening. Helping EMS from inside the car was Calgary resident Matthew Johnson, who kept the woman inside calm until emergency responders were on scene. MORGAN MODJESKI/METRO

to call 911 and when I got to the car, there was a crowd of people ... but nobody was really doing anything, so I took charge."

He said several people wanted to right the car, but with the condition of the person inside

unknown, he knew flipping the vehicle could cause further injury.

"After I assessed she was conscious, I got in the car with her," he said.

"I jumped up on top of it, had

a couple of guys hold the car, and then smashed the window — unlocked the door, propped it up, got in — and did what I could to help her out until EMS arrived."

Carol Henke of the Calgary

“When I got to the car, there was a crowd of people ... but nobody was really doing anything, so I took charge.”

Matt Johnson

Fire Department said although the help was appreciated, it's important civilian responders be cautious in situations like this.

"It's good to see that someone stepped up and decided to help," Henke said, noting every collision is unique as dangers range from an unstable car to fuel fires.

"Safety should be everyone's first concern," she said. "Not only for the individual that is in the vehicle or a part of the collision, but also for themselves."

"The potential is that then there could be two victims versus just one initially," she added, noting the key is to be helpful but careful.

IN BRIEF

Douglas Garland to stand trial for three murders

A man accused of killing a boy and his grandparents nearly a year ago has been ordered to stand trial.

Douglas Garland was arrested last year following the disappearance of Alvin and Kathy Liknes and five-year-old Nathan O'Brien.

Alberta Judge Bob Wilkins ruled there was sufficient evidence presented at a preliminary inquiry to send Garland, who is 55, to trial.

Garland faces three counts of first-degree murder, although the bodies of the couple and their grandson have not been found.

Garland originally faced second-degree murder in relation to the boy's death, but the charge was upgraded.

Nathan was sleeping over at his grandparents' home last June after they held an estate sale at their Calgary home in advance of a move to Edmonton and then Mexico. When the boy's mother arrived the next morning to pick him up, no one was home and a search began.

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Bus talks with parents needed: Group

EDUCATION

Students may be walking kilometres to stops this fall



Jeremy Nolaïs
Metro | Calgary

Representatives with a city parent group are urging Calgary's public school board to tap the brakes before making broad changes to bus stop locations.

The Calgary Board of Education has said it's moving towards so-called "congregated" stops in a bid to keep transportation fees level for the 2015-16 school year all the while moving more students to and from school.

But Greg Oberti, vice-president of the Calgary Association of Parents and Schools, deemed the lack of parent consultation "problematic."

During what he described as a positive meeting with some of the CBE's seven trustees Wednesday, Oberti said his group pushed to either have the locations of stops published immediately online to inform parents or to hold off a year.

"We feel that the rules are

clear about the need to consult with the public on these matters," he said, later adding, "After all, it will affect 30,000 riders."

Asked about the meeting, CBE trustee chair Joy Bowen-Eyre said she and her peers understand the concerns from CAPSC.

"We're committed to listening," Bowen-Eyre said. "It was not 'a make a decision meeting.' We said 'Give us your

concerns, let us know where you're at. This is the first of many conversations we will have together."

A senior official has said students, in most cases, would walk no more than 2.4 kilometres each way to their designated bus stop.

The CBE has also said it will no longer offer a \$19-per-month rebate to high-school students paying for Calgary Transit passes.



Calgary Board of Education trustee Joy Bowen-Eyre. METRO

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MAY THU 28 FRI 29 SAT 30 SUN 31

HUMANE SOCIETY

Over 1,000 mice seized from home

Calgary Humane Society officials have made the largest seizure in organization history, pulling more than 1,100 animals from a northeast home.

More than 1,000 of the animals were mice being kept in cramped quarters.

"When you have mice unchecked, they breed, and they overtook the home," said Brad Nichols, the society's senior manager of cruelty investigations.

He didn't speculate on motive — investigators were only called to the home Tuesday evening — but said ammonia levels in the home were "dan-

gerously high for humans and animals."

Alberta Health Services has condemned the home. Eighty fish were also seized, along with three dogs and three cats.

Nichols said charges are pending.

"We know who the owner of these animals was and we'll be continuing to speak with them before we make any final decisions," he said.

Nichols said the mice were varying colours and it's not clear if they had been contained solely to the house.

JEREMY NOLAIS, WITH FILES FROM JENNIFER FRIESEN



Some of the mice seized from a northeast Calgary home are seen in this box. COURTESY CALGARY HUMANE SOCIETY

SWARM RESPONSE

Calgary beekeepers to be added to 311 scripts

The City of Calgary Animal and Bylaw Services are working towards a closer relationship with beekeepers to help liaise citizen concerns when it comes to swarms.

Over the weekend an active bee swarm was spotted in the inner city, and although not uncommon, Coun. Gian Carlo-Carra said witnesses who called 311 couldn't get an answer about what to do with the pollen-hungry buzzers.

Carra stood up during council and asked a formal relationship be combed between the city and expert beekeepers to mitigate

concerns.

In a statement issued to Metro by Animal and Bylaw services, it appears city workers are busy as bees getting the ball rolling.

"ABS is working with Parks on developing a service level agreement with a beekeeping organization to have them respond in such circumstances," read the statement. "The conversations are underway and once concluded we will provide updated scripts to 311 to ensure a coordinated response process."

Animal and Bylaw Services are hoping to have a formal relationship in place in the next few weeks.

HELEN PIKE/METRO



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Air guitarist after real fame

PERFORMANCE

Albertan ranked 3rd in Canada trying to recruit more strummers



Helen Pike
Metro | Calgary

Shredding one out on an air guitar isn't just for the bedroom anymore.

In fact, those tuned into the competitive world know a quiet — but well choreographed — storm has been brewing and, in Alberta, one of Canada's best is ready to turn it up to 11.

"I play the bass guitar, I play the drums also, but I find my air guitar is always there for me," said Tyler (Cat Friday) Gardner. "It's

always in tune, it's always right where I left it, and if I lose it there's always another one right there."

Gardner is ranked as the third-best air guitarist in Canada, which means he is considered Alberta's top-ranking strummer, and he's challenging closet rockers to step up and help put our province — and country — on the air-guitar-talent map.

"We're trying to make a big comeback and take over," Gardner said, adding he is trying to rally Albertans to compete this year.

"All you need is a stage name, a persona and just the readiness to rock," he said. "You can be a world champion and walk around for the whole year, telling

your family and friends that you are the world's best air guitarist ... I get fired up when I talk about it because it's so ridiculous that it's just awesome ... give it a try!"

Gardner is part of Air Guitar Canada, a non-profit group that formed last year to help bring more awareness to the competition, now entering its 20th year.

The organization raises funds through ticket sales, and locally through Indiegogo, to get players competing in Nationals and Worlds — the rest of the funds are donated to Right to Play Canada, a charity dedicated to using sport and play to help youth overcome the effects of poverty, conflict and disease across the world.



All you need is a stage name, a persona and just the readiness to rock. Tyler (Cat Friday) Gardner



Tyler (Cat Friday) Gardner is sitting this year out, but has been competing to win the World Air Guitar Championship for 11 years. HELEN PIKE/METRO

+ HOW IT WORKS

Performers compete on a city level, then provincial and finally national. The Calgary-level event will be held on July 11.

Five people will be chosen per city to compete provincially and then sent to Toronto on July 25 to compete against all other provincial champs until a Canadian winner is chosen.

The world competition is then held in Finland.

Strummers dress up for two rounds of play. The championship round is first, which consists of a prepared song, with a costume and planned moves. The second round is called the compulsory round, which involves a song players have never heard.

"Air guitar is scored on a scale of 4.0 to 6.0 — it's like (old-style) figure skating in that way," said Gardner. "You're scored on stage presence, outfit, song choice and something called 'airness.'"

He describes that last aspect as the "je ne sais quoi" element.

For more details search for "Air Guitar Alberta" on indiegogo.com.

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Financial state a surprise to Notley

POLITICS

Tory campaign minimized 'challenges,' premier says

Premier Rachel Notley says she and her cabinet have been surprised by the state of Alberta's finances in the few days since the NDP took over from Jim Prentice and the Progressive Conservatives.

"There's no question that as we get briefed, we are starting to find that the challenges are a bit bigger than what may have been featured in the Prentice government's campaign," Notley said Wednesday after her cabinet met for the first time.

She wouldn't get specific with what the discoveries might mean to how the party plans to deliver on its election platform, which was based on the previous government's numbers.

"We are the ones that are in



Rachel Notley is sworn in Sunday. JASON FRANSON/THE CANADIAN PRESS

charge, but I also think that it is not unreasonable to expect that anyone who is new on the job take a bit of time to become well informed," she said.

"Rushed decisions can be bad decisions and ... it is in the best interests of Albertans that we continue with a careful, well-informed approach."

Alberta's new finance minister, a former Calgary councillor, admitted he has a case of the nerves as he takes over during a downturn in the oilpatch.

"I kind of feel a little bit of

the weight of the work and the promises we made," Joe Ceci said earlier in the day as he went into the meeting. "The economic situation and all of that is nerve-racking, but I've been to this rodeo a few times. The briefings are revealing and eye-opening and they make you want to get down to work right away."

The budget brought down by the former Tory government before the May 5 election showed Alberta facing a \$7 billion shortfall in revenues this year.

THE CANADIAN PRESS

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Oil prices could hold a silver lining for Alberta

ECONOMY

More capital flowing into Calgary tech sector: CEO



Robson Fletcher
Metro | Calgary

Just over a year ago, when Dave Hancock was deputy premier, he told a gathering of entrepreneurs in Calgary that high oil prices were in some ways holding back the province's nascent innovation sector.

"We do well until the price of oil goes up and then all the capital rushes back to what it knows and does well and where the returns are," said Hancock, who was minister of innovation and advanced education at the time.

A lot can change in a year.

Hancock, of course, went on to serve as premier after Alison Redford's resignation and then retired from politics before the election that toppled the long-governing Tories.

Oil, meanwhile, tumbled from about \$98 a barrel when Hancock gave his speech to Innovate Calgary in February 2014, down to as low as \$45 last fall, before bubbling back up to around \$60 more recently.

So, has the decline in the energy sector led to a silver lining in the tech sector?

Innovate Calgary president Peter Garrett said it would be "premature to draw that conclusion," but noted there has been a steady growth of entrepreneurs getting into the innovation field.

"The volume continues to go up," he said Wednesday. "It's been going up for five years."

Mike Gron, founder of PayLab Networks, a Calgary-based company developing mobile-phone payment technology for things like vending machines, said the dominance of the energy industry in Alberta has created a "Catch-22" situation for smaller startups.

"When the (oil) prices are high, capital flows to those projects," he said. "And then when prices drop, there's limited capital."



I think you can attract investment from some of these places to Alberta, if you've got the right product.

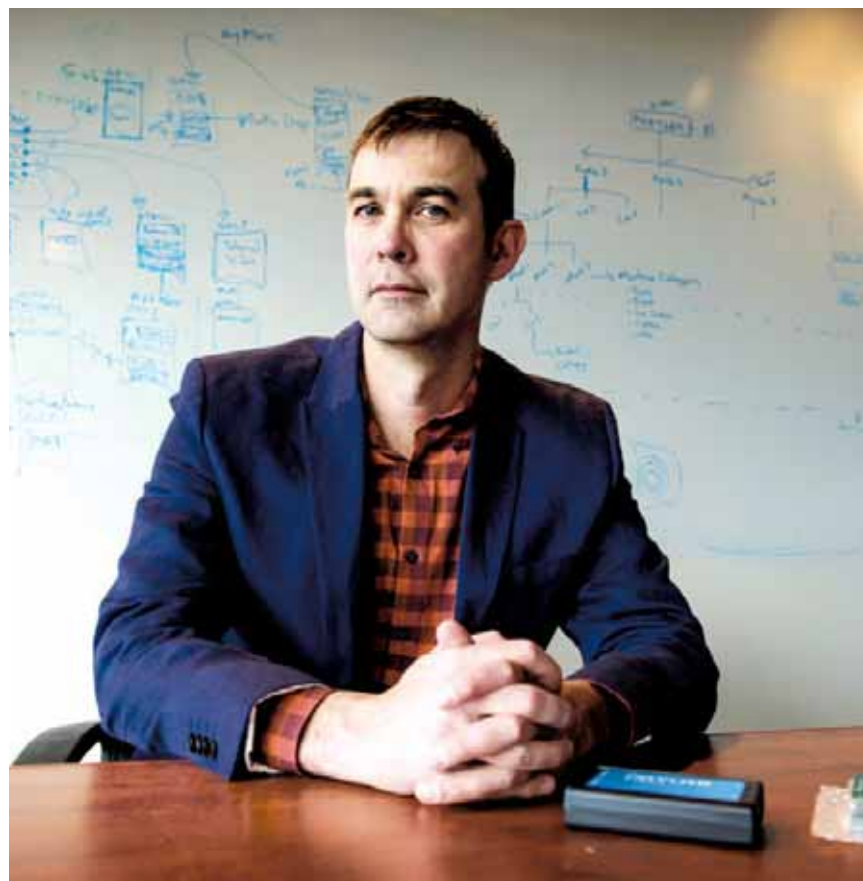
Mike Gron

It's where the two sectors overlap that has seen the most rapid growth, Garrett said.

"We're seeing a lot of interest in building companies that become part of the supply chain to oil and gas operating companies," he said. "And those energy technology companies are all based around innovative, new technology."

Garrett believes Calgary can actually become a dominant force in that field.

"If you look at other technology areas — ICT, medical devices, pharma, etc. — we can have niche successes in those areas as a community but we'll never be top three in the world," he said. "Those positions have been long ago carved out. But in energy technology I think we



Mike Gron, founder of PayLab Networks, a Calgary-based company developing mobile-phone-based payment technology for things like vending machines, says Alberta's strong energy sector has led to a "Catch-22" situation for smaller startups. JENNIFER FRIESEN / METRO FILE PHOTO

absolutely can and should be top three in the world."

Gron also said more venture capital has been flowing to Calgary-based tech startups from outside of Canada.

"At one time you had to be in Silicon Valley or you had to be in Boston but I don't know

if that's the case any more," he said. "I think you can attract investment from some of these places to Alberta, if you've got the right product."

Bruce Graham, CEO of Calgary Economic Development, said he's observed a greater willingness to pour capital into in-

novation in general terms.

"I see opportunities for innovation not because it's perhaps a better place to invest than in energy, I see it because companies in general are recognizing the need for innovation and the need to invest in that, themselves."

APPEAL

Grow Calgary delays leveling



Helen Pike
Metro | Calgary

After a worrying demolition order, Grow Calgary, the city's charitable urban farm, is finally able to concentrate on planting seeds for a season.

The group has filed an appeal with the Alberta Safety Codes Council and now have a period of peace before they present their case and hope for an exemption on their DIY structures the city wants to see torn down.

"We'll be having a public hearing," said Paul Hughes of Grow Calgary. "We have a few more months of trying to get things sorted out ... we're hoping that we'll get approval for them to be greenhouses."

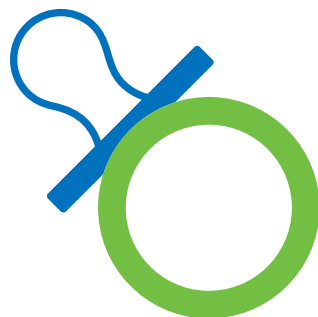
Ross McDougall, chief building inspector with the City of Calgary, said right now they're gathering evidence and waiting for the hearing.

"(Paul Hughes) had until May 22 to appeal it," said McDougall. "It will be up to the Safety Codes Council at this point to assemble the panel that would hear the appeal; we're completely at their mercy as far as dates and timing."

Hughes said they have heard nothing but positivity from the structural engineers they have looking at each of their structures.

The fact supporters drummed up \$500 to launch the appeal, Hughes said, shows that to the people involved these buildings are more than just the materials they're made from.

"A bunch of people stepped up," said Hughes. "A lot of people really believe in what we're doing."



The 'Baby-on-the-way' Stage.

See page 41 for full details.

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A woman takes a "bear selfie" along the Icefields Parkway near Jasper. ROBSON FLETCHER/METRO

Selfies with bears could turn grizzly

LAKE LOUISE

Risky to turn your back on wildlife, parks officials warn



Robson Fletcher
Metro | Calgary

Parks Canada doesn't have a specific policy against taking selfies with bears in the background, but generally advises against it, especially now that grizzlies are particularly active around the Lake Louise area.

"If taking a selfie or something like that is not going to allow you to be paying attention to your surroundings, then I wouldn't recommend that," said Tania Peters, a public relations officer with the Lake Louise, Yoho & Kootenay Field Unit.

"If you're focused on your

camera instead of your safety, that's certainly compromising you, and the wildlife as well," she said.

Banff National Park issued a bear bulletin this week urging "special caution" while travelling or camping in the vicinity of the Lake Louise town site or the popular trail networks nearby.

Brianna Burley, a human-wildlife conflict specialist, said the warning was the result of two young female grizzly bears (known to Parks Canada as Number 142 and Number 143) frequenting the area.

"They've been spending a fair bit of time right around the village," Burley said of the grizzlies. "People walking home from work have encountered them at relatively close distances."

Visitors who might want to take photos of bears they spot are advised to take extra precautions.

"We really encourage people

to keep their distance," Burley said. "Stay in your vehicle and move on."

But it's pretty much impossible to keep a safe distance while taking a selfie with a bear in the background, said Jason Bantle, a professional wildlife photographer who just returned from a trip to the sub-Arctic to photograph polar bears.

Given the wide-angle lenses on smartphones, he said you'd have to get well within 40 metres of a bear to get the shot, while also facing away from the wild animal.

"Why would you ever turn your back on a bear?" Bantle said. "From personal experience, a bear can cover 40 metres in split seconds."

Last fall, the U.S. Forest Service issued a special warning asking tourists to refrain from taking selfies with bears after a growing number of the images started showing up on social media.

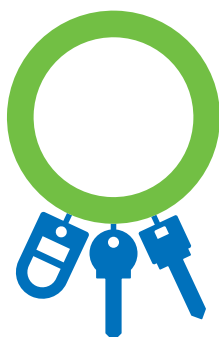
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OIL AND GAS

Company unclear about taxes under NDP

One of Canada's biggest oil and gas producers said Wednesday it can't make future spending decisions until it gets a better handle on the new Alberta government's plans for royalties, taxes and environmental regulation.

But NDP Premier Rachel Notley said, if anything, the province's lack of progress thus far on combatting climate change has been the bigger cause of uncertainty for the industry.

Energy giant Canadian Natural

Resources Ltd. was to have held an open house for institutional investors on June 17 featuring detailed presentations by executives, but that's been deferred. A conference call will be held that day instead.

"Due to the current uncertainty surrounding the Government of Alberta's review of royalty, taxation, environmental and greenhouse gas policies, detailed future capital allocation plans for each of the company's assets

cannot be finalized at this time," Canadian Natural Resources said in a release.

Notley said after the NDP's inaugural cabinet meeting in Calgary that when it comes to climate change rules, "Frankly, failing to deal with those issues creates as much uncertainty as dealing with them."

"In order to deal with these issues, we're going to take a thoughtful, considered, intelligent approach to moving for-

ward and we are going to do it with a great deal of consultation and a great deal of dialogue and they're not going to be surprised by anything," she said.

THE CANADIAN PRESS



Former patient Marilyn Stallworthy (left) meets Brynna Jesse, one of the two paramedics who saved her life after she had a heart attack 18 months ago. ANNA BROOKS/METRO

Paramedics and patient meet two years later



Anna Brooks
Metro | Calgary

It was an emotional moment Wednesday morning for Calgary Marilyn Stallworthy, who met the two paramedics who saved her life in 2013.

As she clutched tightly to EMS paramedics Brynna Jesse and Janelle Duncan, Marilyn expressed her gratitude for resuscitating her after she suffered a massive heart attack in November 2013.

"Thanking doesn't seem enough," Marilyn said tearfully.

"To meet the girls who saved my life... it's amazing their skills and talents, and the fact that they hung in there with me."

Marilyn had been loading birdseed into the back of her car two years ago when she suddenly collapsed.

Jesse and Duncan were in the midst of transporting her to the hospital when she went into cardiac arrest.

Unknown to the crew at the time, Marilyn had an underlying, life-threatening medical condition that caused the heart attack.

Paramedic Jesse had only just graduated from school in June of that year, and said she has vivid memories of that first, serious call.

She said she always wondered what had happened to Marilyn after they dropped her at the hospital, and was elated to hear Marilyn wanted to meet after her rehabilitation.

"It doesn't happen very often when you get to meet the patient," Jesse said.

"It feels good to hear 'Thank you.' I can't even put it into words. I'm very touched."

Marilyn's husband Bob was also emotional meeting Jesse and Duncan and looking back on the day he thought he'd lost his wife forever.

"They gave me back the only thing in the world that's really important to me," he said. "She's the only thing I have left...I couldn't lose her."

“Thanking doesn’t seem enough... To meet the girls who saved my life... it’s amazing their skills and talents, and the fact that they hung in with me.”

Marilyn Stallworthy



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HUMANE SOCIETY

Cracking a window is not good enough



Jennifer Friesen
For Metro

Sitting in the afternoon sun, Staff Sgt. Michelle Doyle wait-

ed in her car, sweat beading off her forehead, watching the numbers on the thermometer in her car inch up, minute by minute.

She stayed in her black police cruiser for 10 minutes with the window unrolled, as the temperature rose 13.5 degrees.

Doyle joined the Calgary Humane Society and two other volunteers at Sue Higgins Park on Wednesday to

test the theory that a cracked window allowed enough airflow through a car to keep a pet's temperature down.

In the 10-minute test, the temperature in the volunteer's car with the windows rolled up hit 38.3 C, while the volunteer in the vehicle with the cracked window saw its air temperature rise to 37.2 C. Meanwhile Doyle's car, with a window rolled fully down, hit 36.3 C.

"I was very surprised that, even with the windows down, the temperature could get that high," she said. "I think it's a good lesson for all of us."

In 2014, Calgary received roughly 750 calls about animals left in vehicles, according to Brad Nichols of the Calgary Humane Society. He said the test proved people should never leave their pets in vehicles, and that even an open window "is not curative."



Staff Sgt. Michelle Doyle sat in her cruiser on Wednesday to test the theory that opening a window is enough to keep your pets safe in a hot vehicle. JENNIFER FRIESEN/FOR METRO

DANGEROUS DRIVING

Police charge man driving at 248 km/h

Police have nabbed a motorist in central Alberta who was clocked driving 248 km/h in a 100 km/h zone — about the same takeoff speed as a Boeing 737 jet airliner.

"I can't think of a speed in recent memory where we have got someone going quite that quick that has been apprehended," provincial sheriff Sgt. Jason Graw said Wednesday.

On May 9, a sheriff activated the radar gun in his cruiser and caught the man driving a BMW M3 car on Highway 19 south of Edmonton near the Castro Raceway.

Police say the man was driving directly toward the officer and hit the brakes and pulled over once he saw the police car emergency lights.

Graw said the man has been charged with dangerous driving under the Criminal Code and could face jail time if convicted.

A judge could also order the man's car to be seized.

The BMW website says its M3 is a high performance model that is designed to give drivers "the true sensation of motor sports."

The name of the man, who is 44, was not released. He is to appear in Leduc provincial court on June 18.

In 2013, the Alberta Association of Chiefs of Police called on the province to give police the legal power to immediately seize and impound the vehicles of people caught driving more than 50 km/h over the speed limit.

The resolution was aimed at reducing the number of injury and fatal collisions. It noted that officers are continually apprehending people who drive at speeds in excess of 50 km/h over the legal limit.

The government at the time said it was studying the idea.

British Columbia, Ontario and Quebec all have extreme speeding legislation.

THE CANADIAN PRESS

\$351

Alberta raised its maximum fine for speeding to \$474 from \$351 on May 1.

IN BRIEF

Albertans return home as crews hold back wildfires

Emergency officials have lifted all evacuation orders for communities threatened by wildfires in northern Alberta.

About 5,000 people who were told to leave their homes earlier this week are in the process of returning to their homes.

Scott Long with the province's Emergency Management Agency says fires near Wabasca and Slave Lake are being held.

He says residents have been advised that fire conditions could change and they may have to leave

again.

The fire outlook throughout the province has been rated severe through the end of the week due to hot and dry weather.

A provincewide fire ban is still in effect, along with air quality advisories for Edmonton and areas north of the city.

As of Wednesday, there were 63 fires burning in Alberta and 13 were considered to be out of control.

A blaze near Cold Lake remained out of control, threatening the only access road into some oil sands sites. THE CANADIAN PRESS

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Concerns over law changes like angels on a pin: Clement

POLITICS

Information commissioner called move 'perilous'

Treasury Board President Tony Clement says concerns over a Conservative move to retroactively rewrite the law in order to stop an investigation of alleged RCMP wrongdoing are akin to angels dancing on the head of a pin.

The latest omnibus budget bill from the Harper government quietly inserted amendments, backdated to October 2011, that wipe clean any complaints about the handling of long-gun registry data before Parliament passed a bill to end the registry the following year.

Clement says that since Parliament did eventually pass a law to end the registry, complaints about when that law took effect are simply arcane legal nit-picking.

Federal information commissioner Suzanne Legault issued a special report last week calling the move a "perilous precedent" that could be used to retroactively clear government officials of wrongdoing on everything from election fraud to spending scandals.

She recommended to the attorney general of Canada in March that an investigation be launched into the RCMP's wilful destruction of registry data that was covered by the Access to Information Act - an



Treasury Board President Tony Clement answers a question during Tuesday's Question Period in the House of Commons in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

investigation that has now been taken on by the Ontario Provincial Police.

The Harper government responded by retroactively rewriting the law, backdating the amendments to the day the bill to end the long-gun registry was first introduced in Parliament, and then burying the changes this month in a 167-page budget bill that will be rammed through Parliament before the summer recess.



Lookit, Parliament passed a law. The law that was passed by Parliament was: No more long-gun registry.

Tony Clement, Treasury Board President

Clement, whose portfolio includes overseeing and enforcing Canada's access-to-information law, brushed off Legault's concerns about a future government using the same after-the-fact

tactic to clear itself in the face of an active police investigation.

"I don't think it sets any precedent at all," Clement said Wednesday following a Conservative caucus meeting.

"Lookit, Parliament passed a law. The law that was passed by Parliament was no more long-gun registry."

Reporters then pointed out that the new amendments will rewrite history to put the gun

registry data destruction law into effect long before it was voted on by Parliament.

"You know, now we're getting into angels dancing on the head of a pin, which lawyers are very good at and Ms. Legault is a lawyer," Clement responded.

"But the law of the land is that registry should not exist anymore."

Legal and parliamentary procedure experts say the Conservative move is unprecedented but that it cannot be stopped under a majority government.

The Treasury Board president agreed.

"The sovereignty of Parliament I think trumps in this case," said Clement. THE CANADIAN PRESS

CRIME

Details emerge of diplomat's son's death

A Canadian diplomat's son charged with murder watched attentively Wednesday as the prosecution detailed the blood-soaked scene of a double killing in which his elder brother and another man were shot dead.

Among exhibits shown at the special bail hearing for Marc Wabafiyebazu was surveillance video showing the frantic 15-year-old surrendering to police shortly after the March 30 shooting, and photographs of the body of one of the victims.

Two rows behind, Wabafiyebazu's mother Roxanne Dubé — a veteran diplomat who was appointed Canada's consul general to Miami late last year — sat quietly and with little expression as the proceedings unfolded.

Wabafiyebazu, of Ottawa, has pleaded not guilty to several charges, including felony first-degree murder, which could see him put away for the rest of his days in a state known for its harsh punishment for violent crime.

While the prosecution does not allege he shot anyone, it does allege he and his 17-year-old brother Jean Wabafiyebazu had gone to rip off a drug dealer at an apartment rented by the second victim, Joshua Wright, who was also 17.

Dubé was expected to testify at the bail hearing.

It's been very difficult, she told The Canadian Press, declining further comment.

It will be up to Justice Teresa Pooler — seated on the bench under a sign reading: We who labour here seek only truth — to decide whether the accused can have bail pending trial, which could start as early as July.

The hearing continues Friday. THE CANADIAN PRESS

PC Alberta

CALGARY-MOUNTAIN VIEW

Notice of Annual General Meeting

THURSDAY JUNE 11, 2015 7PM

North Social Hall, Hillhurst Sunnyside Community Assoc. 1320 5th Ave NW

The Calgary Mountain View Progressive Conservative Constituency Association including the communities of Briar Hill, Bridgeland, Crescent Heights, Hillhurst, Parkdale, Point McKay, Regal Terrace, Renfrew, Rosedale, St. Andrew Heights, Sunnyside, and West Hillhurst.

A meeting will be held on Thursday June 11, 2015 at 7pm at the Hillhurst Sunnyside Community Association located at 1320 5th Ave NW, Calgary for the purpose of electing a Board of Directors and other business arising from the AGM. A 2015 Progressive Conservative Association of Alberta membership is required to be able to vote and you must reside within the boundaries of the constituency. Memberships are available for sale at the PCAA website www.pcalberta.org. New members are welcome. Members must show proof of age and primary residence within the boundaries of the Constituency to be eligible to vote. For further information or if you wish to become a member of the board, please contact the current board at president.pcmountainview@gmail.com.



The 'Wanderlust' Stage.

See page 41 for full details.



POMP DUTCH ROYAL VISIT King Willem-Alexander and Queen Maxima of the Netherlands arrive at Rideau Hall in Ottawa on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

POLITICS

Party leaders clash over MPs' spending

Tom Mulcair, Justin Trudeau and Stephen Harper are duking it out over the allegedly improper use of parliamentary resources for partisan purposes by New Democrat MPs.

The NDP leader insisted Wednesday there's "not a scintilla" of evidence that New Democrats did anything wrong when they used their House of Commons budgets to pay workers in satellite party offices.

"It's just our Liberal and Con-

servative adversaries using their majority to try to frustrate the party that's coming up in the polls and doing well compared to the two old-line parties," Mulcair said.

However, Trudeau said the issue has been boiling for "an awfully long time" — well before the NDP's recent rise in the polls. And the Liberal leader noted it was Commons administrators who determined that New Democrat MPs broke the

rules, calling it "a very serious independent finding."

"What people expect from their leaders is that when you make a mistake, you own up to (it), you apologize for it and you make it right. You fix it," Trudeau said.

Later in the Commons, the prime minister asserted that Canadians wonder why Mulcair "continues to justify" improperly using \$3 million in parliamentary funds and why

he's "not being willing to pay it back and not being willing to apologize or reverse course."

The multi-party board of internal economy which polices Commons spending has ordered 68 current and former NDP MPs to repay \$2.75 million for the satellite office scheme, and has also ordered them to repay another \$1.2 million for using free parliamentary mailing privileges to send partisan missives.

THE CANADIAN PRESS

Panel to speed Forces' buying

DEFENCE

Minister vows more scrutiny of contracts

Defence Minister Jason Kenney pledged Tuesday that a new independent panel would reform the military's dysfunctional procurement system.

Kenney said the announcement of the panel's members will be made soon and he said it will mark a major shift in how the Canadian Forces purchases equipment.

"We want sign-off essentially from all the key stakeholders in principle on a project at the front end, and an independent panel to affirm that," the minister said in a speech to delegates at an international defence industry trade show.

"Once the panel is fully operational, it will make a paradigm shift in the way we conduct defence procurement by enabling greater scrutiny and oversight of project requirements earlier in the procurement process."

Kenney said the panel — which will include a representative from industry — will issue a report at the beginning of the procurement process for all projects valued at more than \$100 million.

Controversy has surrounded the long-running procurement sagas involving the F-35 stealth fighter jet and search-and-rescue planes, among others.

The panel should help bring "clarity and certainty to the procurement process by challenging the mandatory requirements for projects," Kenney said. THE CANADIAN PRESS



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INDONESIA PROTESTERS DEMAND END TO VIOLENCE AGAINST ROHINGYAS IN MYANMAR

Indonesian Muslim protesters burn a mannequin representing Myanmar's radical Buddhist monk Ashin Wirathu during a protest Wednesday demanding an end to the violence against ethnic Rohingyas in Rakhine State, outside the Embassy of Myanmar in Jakarta, Indonesia. In the last three years, hundreds of minority Rohingya Muslims have been killed and hundreds of thousands of others are now living under apartheid-like conditions in crowded camps or forced to flee their homes to avoid persecution in Buddhist-majority Myanmar.

ACHMAD IBRAHIM/THE ASSOCIATED PRESS

FIFA execs facing corruption probe

SOCCER

Decision to award World Cups to Russia, Qatar queried

The U.S. government launched a corruption attack on soccer's global governing body Wednesday, pulling FIFA executives out of a luxury Zurich hotel to face racketeering charges and raiding regional offices in Miami.

Swiss officials also invaded FIFA headquarters, seizing records and computers to investigate whether the decisions to award World Cups to Russia and Qatar were rigged.

Scandals and rumours of deeper corruption have dogged FIFA throughout the 17-year reign of its president, Sepp Blatter, but he was not named in either investigation. He is scheduled to stand Friday for re-election to a fifth term, and the organization said the vote would go ahead as planned, despite the

latest turmoil.

FIFA also ruled out a revote of the World Cup bids won by Russia in 2018 and Qatar in 2022.

"We welcome the actions and the investigations by the U.S. and Swiss authorities and believe that it will help to reinforce measures that FIFA has already taken to root out any wrongdoing in football," Blatter said in a statement.

The organization said it was co-operating fully with the investigation.

Authorities conducted early morning raids in Zurich at FIFA headquarters and the five-star Baur au Lac Hotel downtown in the investigations. In Miami, evidence was seized at the headquarters of CONCACAF, the governing body of North and Central America and the Caribbean, whose past and current presidents were among 14 defendants under indictment for corruption.

Swiss police arrested seven soccer officials at the request of American prosecutors and threatened them with extradition to the U.S. Four other soccer and marketing officials agreed to

“

Two generations of soccer officials ... used their positions ... to solicit bribes from sports marketers.

U.S. Attorney General
Loretta E. Lynch

plead guilty.

American prosecutors said they will seek forfeiture of more than \$151 million the government alleges was illegally obtained. THE ASSOCIATED PRESS

+ BRIBES

The case involves bribes totalling more than \$100 million linked to commercial deals dating back to the 1990s for soccer tournaments in the U.S. and Latin America.

IRAQ

ISIL suicide bombs strike army near Fallujah, killing 17 troops

As Iraqi forces gathered for a major new offensive to try to take back the sprawling Sunni heartland of Anbar province, ISIL militants struck first, unleashing a wave of suicide bombings that killed at least 17 soldiers.

The attacks outside the extremist-held city of Fallujah came just hours after the Iraqi government announced the start of a wide-scale operation to recapture areas under ISIL control in the vast desert province that stretches to the

border with Jordan.

The militants used a sandstorm that engulfed most of Iraq to launch the deadly wave of bombings late Tuesday night, Brig. Gen. Saad Maan Ibrahim, the spokesman for the Joint Military Command, told The Associated Press.

He said it was not clear how many suicide attackers were involved in the bombings but they struck from multiple directions at the Iraqi troops, who were gath-

ered near a water control station and a lock system on a canal between the Euphrates River and Lake Tharthar as they prepared to deploy.

Last month, the water station near Fallujah fell into the hands of the militants following attacks that also included multiple suicide bombings that killed a general commanding the 1st Division and a dozen other officers and soldiers, Ibrahim said.

Iraqi government forces retook the station a few days

later. Fallujah lies to the east of the Anbar provincial capital of Ramadi, which was captured 10 days ago by the ISIL militants in a major defeat for Iraqi troops.

The military, humiliated last year when it crumbled in the face of the militant onslaught in the city of Mosul, had regained some momentum after its victory in Saddam Hussein's hometown of Tikrit last month. The campaign to retake Anbar, which is said to be backed by Shiite

militias and pro-government Sunni fighters, is deemed critical in regaining momentum in the fight against ISIL.

The capture of Ramadi, followed only days later by the fall of the ancient Syrian town of Palmyra, showed ISIL's ability to advance in both countries despite months of U.S.-led airstrikes. Capt. Andrew Caulk, a U.S. Air Force spokesman in Qatar, told The Associated Press it will continue to provide air support "to government-con-

trolled Iraqi forces" throughout the country, including near Ramadi, where it has been carrying out airstrikes for several months.

In Palmyra, Syrian activists said ISIL militants shot dead a group of detainees in the Roman theatre in the town's ancient ruins after gathering people to watch. They said ISIL gunmen killed at least 15 men after accusing them of having fought with President Bashar Assad's troops.

THE ASSOCIATED PRESS



The 'Family-fun-time' Stage.

See page 41 for full details.

NEPAL

UN food agency to hire porters to carry supplies to villages

The UN food agency is hiring thousands of mountain and trekking guides, porters and other workers to carry food, medicine, tents and supplies to Nepal's mostly inaccessible northern villages where two powerful earthquakes destroyed houses, officials said Wednesday.

Richard Ragan of the UN's World Food Program said the workers would carry the supplies on their backs and also would be repairing the walk-

ing trails destroyed by the April 25 and May 12 earthquakes. How many are hired will depend on need.

"This is about delivering relief (and) creating safe and sustainable trail network so people can pursue their livelihood and employment. It is about recovery from a disaster," Ragan said in Kathmandu.

An estimated 100,000 people in Nepal's northern mountains still have not re-

ceived any help after the earthquake. The two earthquakes damaged and destroyed thousands of buildings and killed 8,676 people in Nepal.

The April earthquake also triggered an avalanche at the Mount Everest base camp, killing 19 people and ending the spring mountaineering season. The 2014 season was also cancelled after 16 Sherpa guides were killed in an avalanche. THE ASSOCIATED PRESS



Wilber Albarenga, left, and Alfredo Chavez pump water from the United Orthodox Synagogues of Houston, Wednesday.
GARY CORONADO/THE ASSOCIATED PRESS

More rain threatens cleanup

NATURAL DISASTER

Texas flooding some of the worst Houston has ever seen

Homeowners dragged soggy carpet to the curb and mopped up coffee-coloured muck Wednesday after a barrage of storms and floods in Texas and Oklahoma left at least 19 people dead and a dozen others missing.

More rain fell on the hard-hit Houston area, threatening to complicate the cleanup a day after a downpour of nearly a foot triggered some of the worst flooding the nation's fourth-largest city has ever seen. Hundreds of homes were damaged.

Heavy weather continued in other parts of Texas, with hundreds of people west of Fort Worth told to evacuate along the rising Brazos River and flash flood warnings posted in many areas.

Gadi Shaulsky spent the day cutting wet carpet and padding from his home in Houston's Meyerland section and taking it to the curb. His neighbours were doing the same. A water mark showed that up to six inches of water had seeped into the home.

"That was just really frightening. It was just flowing in," said Shaulsky's wife, Jodi. With tears in her eyes, she added:

"It's hard to wrap your head around all that needs to be done."

Houston Mayor Annise Parker said two people whose boat capsized during a rescue were missing. Another person was missing in suburban Houston. And in central Texas, crews resumed the search for nine people feared dead after the swollen Blanco River smashed through Wimberley, a small tourist town between San Antonio and Austin, over the Memorial Day weekend.

Matt Meeks and his wife, Natalie, worked to clean up the resort on the banks of the Blanco that has been in his family for five generations, since the 1920s.

Of the 14 rock cabins at Rio Bonito Resort, probably only five will be salvageable, they said. Two were destroyed and seven appeared structurally unsound.

Meeks' parents own the resort, but he took charge of removing the debris and salvaging the furniture because "they're too emotionally tied to the place to decide what gets junked and what stays."

This has been the wettest month on record for Texas, and there are still several days left. The state climatologist's office said Wednesday that Texas has gotten an average of 7.54 inches of rain in May, breaking the old record of 6.66 inches, set in June 2004. THE ASSOCIATED PRESS

That was really frightening. It was just flowing in.

Jodi Shaulsky

GERMANY

Tots born to mom, 65, are in intensive care

Doctors say the week-old quadruplets born prematurely to 65-year-old Annegret Raunigk in Berlin are still in intensive care, but have been gaining a little weight and are being given their mother's milk through feeding tubes.

The babies were born during the 26th week of pregnancy at Berlin's Charite Hospital on May 19.

Neeta and her three brothers — Dries, Bence and Fjonn

— weighed between 655 grams and 960 grams each at birth. Their exact weight today is not known because they are too fragile to be put on a scale.

Neeta is the smallest but is fitter than her three brothers, said Christoph Buehrer, Charite's director of neonatology. She underwent successful surgery this week to close two small holes in her intestines.

All four babies will remain in intensive care for several weeks

and are supported by machines helping them breathe. "Breathing is their most critical vital function," said Buehrer, adding that it's not clear yet whether the children will have any long-term health issues because of the premature delivery.

Raunigk is believed to be the oldest mother to have ever delivered quadruplets, said Charite's director of obstetrics, Wolfgang Henrich.

She came to the hospital with

premature contractions and high blood pressure and gave birth by caesarean section. She is now pumping breast milk for her babies, and doctors say she didn't get any artificial hormones to start the lactation.

The school teacher already has 13 children, aged 9 to 44, from five other fathers. Because egg donation is illegal in Germany, she travelled to Ukraine to have donated, fertilized eggs transferred. THE ASSOCIATED PRESS

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Giant corporations mentor small rivals

CORPORATE TRENDS

Executives say they can learn from newer competitors

Imagine a world where David and Goliath are best buds. Well, it's becoming reality more frequently in the business world.

Boston Beer Co., maker of Sam Adams, mentors and lends money to small craft brewers. It hopes their sales will grow and take grocery store shelf space from brands like Budweiser, Miller and Coors.

Instead of feeling threatened and trying to crush smaller rivals that could take revenue from them, corporations like Microsoft Corp., Boston Beer and General Mills Inc. are mentoring and loaning money to smaller companies. It's an arrangement that has benefits for both sides.

"They're not trying to take away the competitive advantage of small businesses but trying



Mark Hirsch, owner of Creative Worx, left, and Dan Bloom, owner of Slope, pose in the offices of Microsoft Ventures in Seattle. As part of the Ventures program, Hirsch and Bloom get work space, technical advice and feedback from Microsoft employees. THE ASSOCIATED PRESS

to make it work for them," says Leonard Greenhalgh, a management professor at Dartmouth College's Tuck School of Business.

Executives at big corporations are starting to realize they can learn from younger

and smaller competitors, according to a survey by Business Performance Innovation Network, a professional networking organization.

More than half the executives surveyed said large companies can learn from smaller

competitors about focusing on and listening to what customers say they need. A third said large companies can learn about being willing to fail and take non-traditional approaches from smaller rivals.

THE ASSOCIATED PRESS

HAMILTON, ONT.

City fights Canada Post giant mailboxes

Local governments should have a say in the placement of large community mailboxes even if federal law states they can go on municipal property, a lawyer for the southern Ontario city of Hamilton argued in court Wednesday.

Canada Post and Hamilton are locking horns over a local bylaw that requires Canada Post to obtain a \$200 permit per site to install the mailboxes

on municipal land. The Crown corporation argues the bylaw infringes on federal rules that grant Canada Post final say over the location of mail receptacles.

It also says Hamilton officials had the chance to weigh in on where the mailboxes would go but chose not to engage.

The city's lawyer told a Hamilton court the dispute isn't about wresting control away from Canada Post, but about

ensuring the city has a role to play, which she called "a question of national importance."

The bylaw was put in place to formalize the consultation process and set out specific criteria with which to review the proposed sites, Justyna Hidalgo said. "The city isn't choosing a location, it's just confirming the location chosen by Canada Post," she said.

THE CANADIAN PRESS

BACKGROUND

Canada Post is installing the super mailboxes as it discontinues home mail delivery, a move that it says is necessary for its financial survival as more Canadians switch to electronic means of communication.

FOSSIL FUEL

Divestment call falling on deaf ears in Canada

Scott Vrooman says he wants Dalhousie University and Queen's University to stop investing in fossil fuel companies — so much that he's willing to tear up his degrees from the institutions if they don't change their policies.

The writer and comedian made the promise to pressure the schools to sign on to a global movement calling for a total divestment of fossil fuels.

"If you're an institution that claims to be working in the public interest, you can't do that ... because torching the climate isn't in the public interest," said Vrooman.

The fossil fuel divestment movement, started by environmental group 350.org in Nov-

ember 2012, has started to gain traction abroad but so far failed to take hold in Canada.

Last fall, Dalhousie University rejected calls to divest of fossil fuels, while the University of Calgary pre-emptively said it was not looking at making changes to its investments in the energy industry.

Concordia University has promised to make \$5 million of its \$130 million endowment fossil-free, but no Canadian university has actually signed on to fully getting rid of its fossil fuel investments.

Outside Canada, hundreds of colleges, cities, foundations and religious groups have committed to some degree.

THE CANADIAN PRESS

IN BRIEF

Interest rates stay same

The Bank of Canada said Wednesday it is keeping its trendsetting interest rate locked at 0.75 per cent because inflation has been in line with projections and consumption has held up relatively well — even with the negative effects of lower oil prices.

THE CANADIAN PRESS

market minute

	DOLLAR 80.26¢ (-0.21¢)
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ROSEMARY WESTWOOD

metroview

“People who don’t think Vancouver is boring, like boring.”

Vancouver is the bimbo of Canada. Good-looking, sporting a smile, the city makes you feel better just by looking at it. Except the more time you spend together, the more you realize no one’s home. As in, they’ve hit the mountains for the weekend.

The Economist’s travel blogger, Gulliver, recently dubbed the city (and Vienna and Geneva) “mind-numbingly boring.”

In a column bemoaning the loss of the gritty city, he calls Vancouver highly livable and, thus, highly dull, with little danger and few surprises.

That left the mayor indignant.

“It’s true that Vancouver lacks the stressful vibe of cities where guns, muggers and freeways threaten one’s daily existence,” Mayor Gregor Robertson told media, but it compensates with “deep culture, breathtaking nature and intense recreation.”

He’s likely unaware of how boring “intense recreation” sounds. And his point — hey, we have nature! — isn’t the point of a city at all.

Vancouver is where people sleep between gnarly mountain bike rides and kitesurfing. It lacks a concentration of urban wildlife — the guy with a giant pet lizard clinging to his shirt, the 24-hour gay club you notice thanks to smokers huddled by an unmarked door at 8 a.m. and then at 11 a.m.

The piano-playing bartender who’ll soon be hosting a concert in his living room.

Yes, Vancouver has the Downtown Eastside. But one very dynamic neighbourhood doesn’t make an adventurous city. Even the underground music scene was literally forced into underground parkades after bylaws (more plentiful than Lululemon pants) closed down a slew of music venues, spawning the 2010 documentary No Fun City.

Maybe it’s still young, but the city lacks soul. Even my Vancouverite brother agrees: “It’s nice, but it lacks an edge. Everyone’s like, ‘Aren’t you happy all the time? Isn’t this wicked?’ It’s like no, it’s not a wicked day. It sucks.” (He said this before heading out for an evening of “killer” sailing).

People who don’t think Vancouver is boring, like boring. Unlike Gulliver, they’re not excited by mystery. Pleasant, even bland, is good.

Vancouver is like the pretty, popular kids in high school who lack substance, my sister-in-law noted. Research has backed up this cliché: beautiful people strive for conformity and self-promotion over independence.

Sound like anyone you know, Vancouver?

It’s OK, though, because no one can have it all. You’ve got the looks (and the playtime that goes with them). Leave mystery to the rest of us.

Pensions: Inside the flip-flop

POLITICS

Chantal Hébert



In the dying days of a third mandate, federal Finance Minister Joe Oliver is about to spend the last summer before the October election consulting the provinces on a public pension reform that all governments, including his own, dismissed as unworkable five years ago.

When the idea of allowing Canadians to make supplementary voluntary contributions to the Canada Pension Plan in order to enhance their retirement benefits came up in 2010, former MP Ted Menzies was the parliamentary secretary to the minister of finance, Jim Flaherty.

Both trashed the notion. “We have ruled out ideas we collectively determined cannot work,” Menzies told the House of Commons. “The verdict was unanimous. This was not a good idea.”

“We reject a voluntary plan because that would very much disturb the work of the Canada Pension Plan, which operates on a different basis,” Flaherty explained.

What the then-finance minister had in mind was, in his own words, “a modest, phased-in increase on the mandatory side.”

Ottawa and the provinces spent the following years discussing pension reform until Flaherty summarily shut

down the talks in December 2013. By then a number of provinces were sold on increased mandatory contributions to the CPP and an attending expansion of pension benefits. Indeed, Ontario’s Liberal government had signalled that it was ready to go it alone.

If Flaherty needed a political incentive to walk away from the federal-provincial table, that Ontario commitment was it. At the time, Conservative strategists believed (wrongly) that the provincial Liberals would be clobbered at the polls if they went ahead with a supplementary Ontario pension plan.

As of the termination of the federal-provincial talks, Flaherty’s initial goal of raising the mandatory contributions became — in the words of his own government — a “job-killing, economy-de-stabilizing, pension-tax hike.” The rhetoric endures to this day.

But it was only on Tuesday that Harper’s government came full circle and embraced the voluntary plan it had argued against in the past.

The last federal budget was silent on pension reform. The net result of that omission is that when Oliver comes calling in the provincial capitals this summer, it will mainly be in his capacity as the Conservative candidate for the Toronto riding of Eglinton-Lawrence.

He will be peddling a Conservative election promise.

One of the many provincial venues where he can expect a cool reception is Queen’s Park.

The reality is that Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

In contrast with Oliver’s scheme — which is geared to those who do save — the proposed Ontario plan addresses that fundamental issue. And, in contrast with Oliver, Premier Kathleen Wynne has secured an electoral mandate to implement it.

Still, the ruling Conservatives expect that the voluntary nature of their proposal will make it an easier sell on the campaign trail than the opposition parties’ contention that a universal increase in contributions (and benefits) is in order.

It may help fend off the perception that their last budget — with the doubling of contributions to tax-free savings accounts (TFSAs) — was crafted to benefit the more affluent few rather than the more cash-strapped majority of working Canadians.

But it also sends a different, less attractive, message about the current Conservative mindset. In order to regain momentum in voting intentions and make it back to the magic threshold of a majority victory, the government is scrambling for rabbits

Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

— whether they are dead or alive — to pull out of its hat.

On Tuesday, the rabbit took the shape of a summer tour of the deserted provincial legislatures designed to create the appearance of action on pension reform.

On Monday, National Post columnist John Ivison reported that another GST cut is under consideration.

That too never came up in the April budget, and for good reason. There is nothing in the latest fiscal forecast presented by the Harper government that suggests it can afford the \$7-billion price tag of another GST cut anytime soon, if ever.

Increasingly it seems the Conservative party is ready to make election promises that the Conservative government knows it can’t or should not implement.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

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How a porn star is born

NETFLIX

**Documentary
digs deep into
why women
choose the sex
industry**



**Ned
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Metro | Life

Hot Girls Wanted directors Jill Bauer and Ronna Gradus stumbled upon the subject of their Sundance-lauded documentary completely by accident. The duo were looking to follow up on 2012's *Sexy Baby* (which explored how pop culture, pornography and social media affect young women) by exploring the male version of that experience. But in their research, a much more interesting story dropped in their laps.

"We ended up getting access to a porn recruiter's house in Miami," Gradus explains, about the origins of the doc that debuts Friday on Netflix. "There's this recruiter, he posts ads on Craigslist and then small-town girls who want to get out of their towns click on these ads and get a free plane ticket to Miami and then a week later they're on a porn set. We just thought, 'Whoa, this is the story.' The boy version of *Sexy Baby* is on the back burner, and we just ran with this one."

Given that two feature documentaries in a row for Gradus



A still from *Hot Girls Wanted*, an upcoming Netflix documentary by directors Jill Bauer and Ronna Gradus and produced by Rashida Jones. NETFLIX

and Bauer have brought them into contact with the adult film world, they've become unexpected experts in the field, able to chart the changes to the industry. "The way that porn is being consumed online is the death of the porn studios," Bauer says. "A full-length feature porn film barely exists anymore. So much porn is free, so it doesn't pay for these companies

to put a lot of money into production. This generation that's grown up with watching porn clips, would they even have the patience to watch a narrative story unfold? Maybe not, I don't know."

The directing duo has been trying to get to the bottom of central question of why so many young girls go in for pro-am porn in the first place.

"There's not so much of a stigma now," Gradus admits. "But also, they are impulsive. They're 18, they don't think about it, they don't think that their dad's friend from work is going to have seen them. If the legal age that a girl could do this was 21 — the drinking age — it would probably be a huge bummer for the porn industry, I would just imagine."

Bauer concurs, but thinks there's another factor at work that has a lot to do with Kim Kardashian. "They feel a little bit of protection, naively. Like, 'There are so many girls, nobody's going to find me,'" Bauer says. "But of course everybody back home always finds out. But also they've grown up in a time when famous people made sex tapes."

“

If the legal age that a girl could do this (porn) was 21 ... it would probably be a huge bummer for the porn industry.

Director Ronna Gradus

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Dating with genital herpes

SEX INFORMATION

Two women share their struggle to find love after STI diagnosis



Thandi Fletcher
Metro | Vancouver

Amanda had just started dating again after ending her marriage when she found out she had genital herpes.

The 30-year-old from Vancouver, whose name has been changed to protect her privacy, thought she would never find love again.

"I was totally devastated," she told Metro. "I went through a grieving process and cut myself off from everyone for about a month."

Genital herpes is a common sexually transmitted infection. According to data collected through the Canadian Health Measures Survey, as many as one in seven Canadians aged 14 to 59 may be infected by herpes simplex virus 2, one of two viruses responsible for the infection.

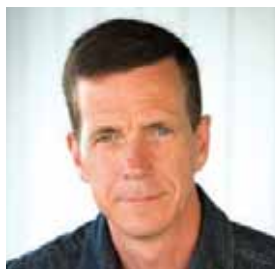
Compared to many other sexually transmitted infections, herpes is relatively harmless. The infection may cause painful sores, a slight fever, swollen lymph nodes and body aches, but in many cases, people don't experience any symptoms. Only in extremely rare cases can the virus result in serious infections.

Still, herpes has a social stigma attached to it that for many sufferers is worse than the actual infection. According to a 2006 online poll conducted by pharmaceutical company Novartis, the stigma surrounding



The stigma is simply unjustified

Alex McKay, Sex Information and Education Council of Canada



Alex McKay, executive director of the Sex Information and Education Council of Canada, says the stigma still attached to herpes is "rooted in ignorance." CONTRIBUTED

herpes is second only to HIV.

Alex McKay, executive director of the Sex Information and Education Council of Canada, blames the stigma attached to herpes on ignorance.

"The stigma is simply unjustified," he said. "It is by and large rooted in ignorance. The vast majority of Canadians have very little, if any, understanding of ... herpes."

McKay said the percentage of the population with herpes is "huge," but most people don't know they carry the virus. While having many sexual partners does carry increased risks of acquiring any STI, herpes can spread between partners in long-term relationships just as easily, he said.

"Many of the people who may be making jokes about herpes may in fact have it themselves and they are unaware of it," said McKay. "The idea that people who have active genital herpes infections acquired it either through pro-

1 in 7

AS MANY AS ONE IN SEVEN CANADIANS AGED 14 TO 59 MAY BE INFECTED WITH HERPES SIMPLEX TYPE 2 VIRUS

94%

NINETY-FOUR PER CENT OF PEOPLE WHO TESTED POSITIVE FOR ANTIBODIES AGAINST HERPES SIMPLEX TYPE 2 VIRUS WERE UNAWARE OF THEIR STATUS

6%

ONLY SIX PER CENT OF CANADIANS WHO TESTED POSITIVE FOR HERPES SIMPLEX TYPE 2 VIRUS WERE AWARE THAT THEY CARRIED THE VIRUS

miscuous sexual behaviour is completely false."

That was the case for Melanie, 32, of Kingston, Ont., who became infected with herpes during a two-year relationship with the man she thought she would marry.

Melanie, whose name has also been changed to protect her privacy, said her ex-boyfriend told her soon after they started dating that he had herpes. Despite taking steps to prevent transmission, she also became infected.

When the relationship ended, Melanie said she now faced the daunting task of having

to disclose her infection to potential new partners. For two years, she didn't date, and when she finally did, Melanie said she felt she had to justify how she became infected.

"It has such a negative connotation with it, of being promiscuous or taking risks," she said. "That's the hard part."

Vancouver's Amanda says she tried using a dating website that caters to people with genital herpes but found the selection of potential partners to be limited.

"The most frustrating thing is that in our dating culture, it's normal to just jump into

bed with people you hardly know," she said. "And sometimes I have to tell them (I have herpes) before I am ready to because of that."

After her diagnosis, Amanda said she felt little in the way of support due to the stigma.

She reached out to friends and family but said she felt people didn't really understand what she was going through. Others "weren't all that sympathetic," she said. Even her doctor brushed off her request for advice, telling her to look on the Internet for information.

Frustrated, Amanda said it wasn't until she found a local support group that she finally realized it would be possible to date again.

Amanda said she hopes sharing her story can help inform more people about herpes and help break down the stigma.

"Herpes itself is such an insignificant illness," she said, "but it causes so much pain because of all of the social barriers caused by it."

+ VIRUS FACTS

What is herpes and how common is it?

Herpes is an infection caused by the herpes simplex virus, or HSV.

There are two types of HSV that cause infections. HSV-1 generally causes oral herpes, commonly known as cold sores, while HSV-2 causes genital herpes.

However, there is mixing between the two, with HSV-2 causing oral herpes and HSV-1 causing genital herpes, said Dr. Jason Wong, physician epidemiologist at the B.C. Centre for Disease Control.



Condom use reduces but does not eliminate the risk of infection. ISTOCK

Although condom use reduces the risk of contracting the virus, which spreads through skin-to-skin contact even when sores aren't present, it does not eliminate the risk of infection.

When someone becomes infected, Wong said the virus lives in the nerves where it stays dormant most of the time.

Occasionally, the virus becomes active — usually triggered by stress — and travels to the surface of the skin where it reproduces itself, Wong said.

That can result in a painful sore on the skin, he said, but sometimes a person does not have any symptoms. That makes it difficult to estimate the prevalence of herpes infection, he said.

According to data collected as part of the 2009 to 2011 Canadian Health Measures Survey, 13.6 per cent — or one in seven — Canadians aged 14 to 59 have antibodies against HSV-2. Still, 94 per cent of those who tested positive were unaware of their status.

Disclaimer: Although both women interviewed for this feature agreed the stigma surrounding herpes should be broken down, both requested to be quoted as anonymous sources as they feared for the repercussions of speaking publicly about their infections.

Get grunge-y with wear and tear trend

DISTRESSED TO IMPRESS

Holes in tops, ripped jeans can be part of a refined look

The resurgence of '90s grunge-inspired fashions has broadened beyond ripped jeans with a wide assortment of apparel showing noticeable signs of wear and tear.

Consumers seeking an edgier look are gravitating towards distressed and destroyed garments like ready-made knee-baring denim and shirts bearing holes and cut-outs.

High-profile stars have embraced the retro revival, with Beyoncé, Rihanna, Kanye West and One Direction's Harry Styles all spotted sporting ripped jeans in a range of washes.

Christie Res-sel, image consultant with Fashion Translated, said purchasing distressed clothing may appeal to those who want the feel of their favourite worn-in sweater without worrying about the garment falling apart.

"You get that same soft, comfortable fabric and luxury appeal with something that's got maybe more strategically placed holes ... It's got a little bit more refinement to it."

Daniel Carman, co-owner

of Over The Rainbow, a premium denim boutique in Toronto, said there has been a lot of rips and use of distressing in denim this season.

"It's really exciting because it breaks the standard clean norm that we've been used to seeing in the past couple of years, and it's been growing because people just want something new and different."

Carman said considerable work goes into making holes, raises and etches in the material to achieve the weathered look. But despite its frayed, worn-in appearance, he said there isn't a whole lot of difference when it comes to caring for distressed denim compared to "clean" jeans.

"It really depends on how the customer wears the product," said Carman.

"It's going to go through the same wear cycle as any

66

It's really exciting because it breaks the standard clean norm that we've been used to seeing in the past couple of years.

Daniel Carman, co-owner of premium denim boutique Over The Rainbow

normal jean ... I think it's common sense if there's a hole in a jean, you have to be careful where you put your foot because you might create a bigger hole."

While some may be unsure of how to pull off wearing shredded styles, Res-sel suggested opting to wear either a top or bottom that's distressed — but not simultaneously.

"Of course, you can wear two at the same time, but that's more of a very heavy trended look and it's a lot easier to make a mistake with putting that look together — so it's easier to look sloppy."

As with any type of clothing, fit is always king, Res-sel noted.

"If you can find something that flatters your body type and flatters your silhouette, it really doesn't matter what you put on, it's going to look amazing."

Canadian Living fashion and beauty director Julia McEwen said for those employed in a more creative environment, distressed garments could be an option for the workplace — with a few caveats.

"If you're seeing more skin than jean, it's absolutely not appropriate for the office," she said.

"However, if you have a few strategically placed rips in certain areas — maybe nothing close to the butt, maybe more on the

knees, just a few little slices — then I think you can definitely sneak it in by pairing it with ... a very crisp oxford shirt. So you have that nice juxtaposition going on of something very casual with something that is more posh."

McEwen suggested women can polish off their ensemble with a pair of strappy sandals or bright pumps.

THE CANADIAN PRESS



Right: Fashion blogger Christina Caradona attends the PANDORA Jewelry Experience #ArtofYou in Palm Springs, Calif. Left: A model wears the PANDORA Jewelry Look of the Day from Siwy Denim. GETTY IMAGES



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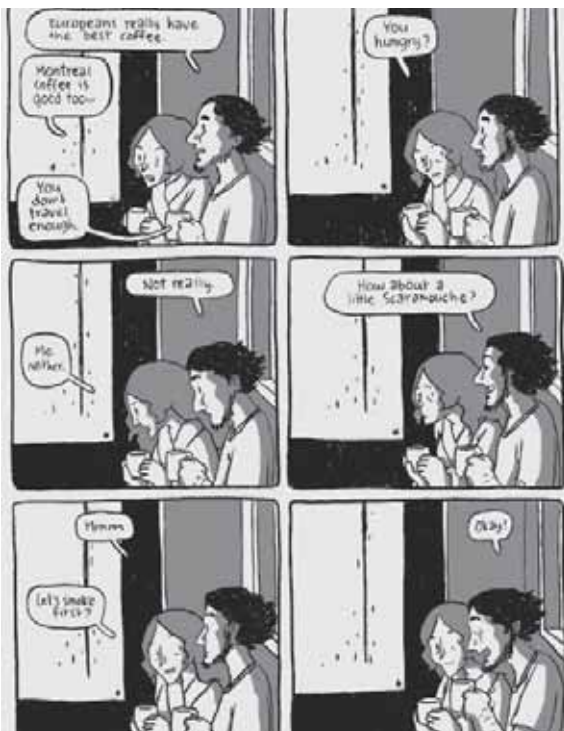
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Illustrating sex and argument



For As Long As It Rains begins as a fantasy romance but quickly descends into a couple's power struggle. CONTRIBUTED

GRAPHIC NOVEL

Montreal artist uses comics to depict a very real relationship

BOOKWORM

Sue Carter



In theory, *For As Long As It Rains* should be a romantic fantasy.

The new translation of a gorgeous French graphic novel by Montreal cartoonist Zviane features a young unnamed couple who retreat to an architecturally stunning beachside home located somewhere in the Netherlands. But when the torrential rain refuses to let up and the real world begins creeping in, the fantasy dissolves and the sad truth of their relationship is revealed.

Zviane says she was inspired "to create the perfect place in the perfect woods, and have this couple trapped there."

It's no accident that her illus-



Zviane says she wanted her graphic novel to be honest.

CONTRIBUTED

trations of the open-concept house — with its two-storey bookshelves, upright pianos, modernist furniture and a kitchen that would make chefs envious — look like they should be on a Pinterest board. For research, Zviane pored over architectural magazines and design photos on the Internet, uncovering a fetish for what she refers to as "bookshelf and cabin porn." Each interior scene is drawn with a cinematic flourish, especially as shadows from the trees and the wall-to-wall windows start feeling more like prison bars. "You want to be there," she says, "but you would never want to live there."

According to Zviane, *For As Long As It Rains* was a challenge to illustrate, especially the couple's bodies in action, as she focused on muscular anatomy in ways she hadn't in her previous seven books. "I chose to draw it in a way that was hard for me," she says. "It's not what I usually do."

Unable to leave the house, the pair play piano (Zviane herself is a trained musician and music teacher), cook, nap, smoke pot, talk and have plenty of sex.

Zviane boldly depicts their lovemaking, over many pages, in graphic, intimate scenes that leave little left to the im-

BOOK NOTES

Montreal publisher crowdfunds translations

Canadian presses have long been publishing English translations of bande dessinée from France and Belgium, but significantly fewer French comics have made the journey out of Quebec. Zviane's publisher, Montreal's Pow Pow Press, is hoping to change that by simultaneously producing its books in both official languages. Turns out there's a demand: In December, Pow Pow successfully raised close to \$25,000 on Kickstarter to pay for its first translations.

agination and are definitely not safe to read during a subway commute.

"I don't consider it to be super erotic," she says. "I wanted to be honest. This is what is happening to this couple."

Sue Carter is editor at *Quill & Quire* magazine.

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Eggs won't harm your health via cholesterol, according to a recent dietary report from the U.S. ASA DAHLGREN/TORSTAR

Eggs, bacon not so bad after all

DIETARY GUIDELINES

It's sunny side up for eggs when it comes to cholesterol

NUTRI-BITES

Theresa Albert

myfriendinfood.com



Yippee! You can eat eggs again!

Until now it's been "common knowledge" that eating eggs and other foods containing saturated fat would raise your cholesterol levels. But a storm has been brewing for years as evidence to the contrary emerged.

Now, this year's dietary guidelines published by the U.S. government are set to reverse the long-held recommendations regarding high-cholesterol foods, which asked people to limit their intake to 300 mg/day. That's

because according to a recent report from the Dietary Guidelines Advisory Committee, evidence shows there is no relationship between consumption of dietary cholesterol and blood cholesterol.

Here's the lowdown:

- Your liver manages the cholesterol in your body.
- Cholesterol is a necessary substance in the formation of cells and the management of hormones.

- Your liver decides how much you need and whips up more or less as necessary.

- Only 20 per cent of your cholesterol level is affected by dietary changes.

So what does this mean for your burger, bacon and eggs, baby back ribs lovin' self?

- You can enjoy eggs and the occasional high-saturated fat food without fearing it will harm your heart via cholesterol.

- You still can't indulge in BBQ every day as there are other downsides to cooked meat

Cholesterol is not a nutrient of concern for overconsumption

Scientific Report of the 2015 Dietary Guidelines Advisory Committee

- The calories and sugar in a rib dinner will still get you in the end (or the on the love handles)
- Butter is better than margarine.

- Sugar is now and always was the real enemy. It will contribute to poor cholesterol.

If you are currently on cholesterol lowering medication, talk to your doctor. But know that changing your diet won't cure your cholesterol.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

LACK OF PATS

Japan can't supply butter to meet domestic demand

Japan was bracing this week for a severe butter shortage that threatened to crimp cake-making nationwide, bringing echoes of last year's dairy dire straits that left supermarket shelves empty.

The Japan Dairy Association is warning that demand for pats will outstrip supply by more than 7,000 tonnes, prompting the government to ready emergency imports.

At the root of the problem is a wider dairy deficit that sees farmers prioritizing the raw material for sales of liquid milk.

Herds have been cut over recent decades as demand has dropped with an aging Japanese population. AFP



Butter is in short supply in Japan. ISTOCK

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Sugar's not-so-sweet side

NUTRITION

New app aims to combat misleading food labels



Gilbert Ngabo
Metro | Toronto

Trying hard to cut down on sugar consumption?

If you're only relying on nutritional labels, here's some bad news: You may actually be consuming more sugar than you think.

"There's no way you can read the label and know how much of that amount is from free sugars," said Jodi Bernstein, a nutritional sciences PhD candidate at the University of Toronto.

Free sugar refers to the total amount of naturally present sugars found in products such as syrups, honey and fruit juices, plus the factory-added sugars. It does not include sugar naturally present in milk, vegetables or whole fruit.

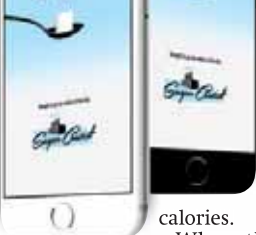
Some products contain only free sugars — like coca cola — and their labels reflect the actual amount, she said. But flavoured yogurt will contain some natural sugars from different produces that make it, plus some added sugars from the manufacturer. The label, in that case, doesn't give you the breakdown, she said.

Enter a new invention: One Sweet App. It's a sugar tracker that uses a built-in food database to calculate the number of teaspoons of sugar found in your foods.

The World Health Organization recommends a maximum of 12 teaspoons of sugar per day. That's approximately 50 grams of sugar, or about 2,000



How much sugar is really in that cereal? The sugar tracker One Sweet App aims to tell you using a built-in food database. ISTOCK; CONTRIBUTED



calories. When the app user tallies all the food they ate per day, the app breaks down how much free sugar was consumed, and how it compares to the WHO guidelines, said Bernstein.

"We're hoping this app will

help increase awareness about products that are higher in free sugars," she said, adding it will be a good starting point for people to make proper adjustments in their diet.

The app, currently available on iTunes, complements the release of a new documentary critical of sugar industry. Sugar Coated film documents how businesses have for long gone at great lengths to hide the "toxic" side of sugar, said Michele Hozer, its director and producer.

THE DOCUMENTARY

It's called Sugar Coated: How the food industry seduced the world one spoonful at a time.

- **WHEN:** Set to premiere on TVO Wednesday night, the documentary will tour theatres across the country until July.
- **WHAT:** Producers say it features secret docu-

ments, archival footage and interviews with those working to "reverse the trend threatening the health and economy of the nation."

- **WHO:** Health experts featured include Gary Taubes, Robert Lustings, Yoni Freedhoff, Cristin Kerns and Stanton Glantz.

WEIGHT

Americans keep getting fatter: Poll

Waistlines of American adults kept growing last year with obesity creeping up to 27.7 per cent, according to a Gallup poll released Wednesday.

It was the highest percentage since Gallup started studying American weight issues in 2008, the pollster said.

The rate was 27.1 per cent in 2013, 26.2 per cent in 2012 and 25.5 per cent in 2008.

The percentage of Americans who are either obese or simply overweight stood at 62.9 per cent last year. And more overweight people passed over into the more serious obese category, Gallup said.

Americans who have a body mass index of 30 or higher are classified as obese.

Gallup said that obesity rates rose in particular among people over age 45 and among women.

As in previous years, African Americans, the poorest Americans and people living in southern states like Mississippi or Louisiana are the most likely to suffer from obesity.

Obese people also enjoy less "well-being," calculated with a related poll that takes into account personal, social and financial factors.

The Gallup poll involved 176,702 American adults and was conducted from January 2 through December 30, 2014. It had a margin of error ranging from one to four percentage points, depending on the size of the state being studied. AFP

62.9%

The percentage of Americans who were either obese or simply overweight in 2014.

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The life and death of Mike O'Brien

CANCER

The comedian chronicled his four-year illness in a blog

Mike O'Brien, a longtime CBC comedy writer and actor who played a recurring character on *Corner Gas*, has died of cancer. He was 51.

O'Brien mixed humour and pathos in chronicling his four-year illness on his blog *The Big Diseasey* and had posted a meditation on faith — or lack thereof — just hours before his death.

He died at his Winnipeg home on Sunday night, said his agent Lisa Marie Schwartz.

"(He) was not only an amazing actor, but a great friend," Schwartz said in a statement.

Corner Gas executive producer Virginia Thompson said O'Brien's blog, which included satirical observations on his condition and poignant musings about what time he had left, is his legacy.

O'Brien's ability to find humour in even the bleakest situation was one of his defining traits, Thompson said.

"The thing about people that truly understand comedy is they have a way of twisting things so that we can see things in a different light. They see the irony of the world and they're able to deliver it to us," Thompson said in a telephone interview.

"That's exactly the guy that was on our set. That's the guy that we fell in love with."

Last November, O'Brien blended fact and humour in a mock obituary he penned for his blog.

Facts about his life, such as his childhood spent in Victoria and Inuvik and his adult years living in Regina and Winnipeg, ap-



Actor and writer Mike O'Brien has died of cancer.

THE CANADIAN PRESS

“

(He) was not only an amazing actor, but a great friend.

Mike O'Brien's agent, Lisa Marie Schwartz

peared alongside a self-deprecating summary of his professional accomplishments.

"As an actor, he made you feel like he was standing right where the director told him to stand; a skill he shared with Olivier, Brando and many puppets," O'Brien wrote.

"As a radio producer, he boosted television ratings. As a comedy writer, he was tall."

In reality, O'Brien's résumé was both more diverse and more celebrated. He began his career as a journalist for the *Medicine Hat News* and *Regina Leader*

Post and eventually switched to acting.

He landed recurring roles on some prominent Canadian comedies and is best known for his portrayal of Wes Humboldt, the combination liquor store owner and insurance salesman on CTV's *Corner Gas*.

Thompson said O'Brien quickly became a beloved member of the *Corner Gas* family, adding that cast members organized a fundraiser for him and his family when his cancer was first diagnosed in 2011. Series star Brent Butt took to social media to express his condolences.

"Sad to say, the lovely & clever Mike O'Brien — who, among many things, played Wes Humboldt on *Corner Gas* — has passed away. #CancerSucks," Butt tweeted. O'Brien also had a recurring role on the HBO Canada comedy *Less than Kind*.

THE CANADIAN PRESS



The 'Follow-your-dreams' Stage.

See page 41 for full details.

New!

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RHODE ISLAND

Officials blame Tinder for rise in STDs



Maybe think twice before swiping right. ISTOCK

Rhode Island, the smallest state in the union, is freaking out because STD rates have risen. The state blames hookup apps like Tinder for having a hand in the increase.

CNN reports that: "Between 2013 and 2014, cases of syphilis grew by 79 per cent. HIV infections were up 33 per cent and gonorrhea cases increased by 30 per cent. STD cases for young adults are growing at a faster rate than the rest of the

population."

And it's all because you both swiped right.

This isn't the first time the Internet has been blamed for aiding in the spread of sexually transmitted diseases.

Craigslist was found to have helped push a 16

16%

Craigslist was found to have helped push a 16 per cent increase in HIV infections, according to a study from New York University.

per cent increase in HIV infections, according to a study from New York University.

And a study from New Zealand found that Grinder, a gay hookup app, was linked with more than half of all new syphilis cases in 2012. **MATT LEE/METRO NEW YORK**



Oregon lawmakers have advanced a measure barring people from sneakily taking photos up women's skirts. ISTOCK

Upskirt pics at centre of legal battle

OREGON

Another U.S. state moves to outlaw tactic

Oregon lawmakers this week advanced a proposal aimed at closing a loophole in state privacy laws that recently let a man go unpunished after he took photographs up a teenager's skirt.

The state Senate unanimously passed the bill, which would make it a misdemeanor to surreptitiously take photos up women's dresses without their consent. A teachers union proposed the measure after a student took so-called upskirt cellphone photos of an educator and shared them online.

The Senate vote came three months after an Oregon judge ruled a 61-year-old man did nothing illegal when he snapped photos up a teen's skirt in a Target store.

"You've probably seen in the news reports that currently the tactic of what's known as upskirting is not covered for various reasons," said Sen. Floyd Prozanski, a Eugene Democrat. "This bill will, in fact, cover the infractions, the conduct and hold people accountable for that."

The judge in the Target case said that while the act was lewd and appalling, it didn't violate the state's existing voyeurism laws because the girl was clothed and in a public place.

Laurie Wimmer, an Oregon Education Association lobbyist, has said her organization proposed the bill in response to an incident a year ago involving teacher Dana Lovejoy.

In February, Lovejoy testified in favour of the measure before a House committee. She wore the same long, black dress she had on when the incident happened. "Our laws have not kept up with technology," she said.

Several other states — including Kentucky, Florida, Massachusetts and Pennsylvania — have passed measures outlawing clandestine upskirt photos, though a similar bill in Wisconsin has stalled in the Senate.

The Oregon proposal heads back to the House for consensus. **THE ASSOCIATED PRESS**

66

Our laws have not kept up with technology.

Teacher Dana Lovejoy, who was the target of a student's upskirt photos

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RESEARCH

Twitter to the rescue: Data may help avoid crowd disasters

Data from smartphones and Twitter can accurately show the size of a crowd, helping first responders in an emergency, a study on Wednesday said.

Scientists at England's University of Warwick devised a computer model based on data from Twitter and from phone companies in northern Italy.

The mobile phone system is cellular, meaning that it is a grid comprising pockets, or cells, where users are connected via a relay antenna.

When there are more users in the cell, this shows up in a spike in the volume of phone calls, SMS messages and tweets written on mobiles.

The team transcribed these

spikes into estimates of crowd numbers.

"Being able to infer the number of people in a specific area is of extreme importance for the avoidance of crowd disasters and to facilitate emergency evacuations," said the study, published in the British journal Royal Society Open Science.

AFP



Being able to infer the number of people in a specific area is helpful in facilitating emergency evacuations according to the researchers. GETTY IMAGES/FILE

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Danielle Brooks will play Sophia in the Broadway production of *The Color Purple*. ALL PHOTOS GETTY IMAGES

'Taystee is very much still alive'

DANIELLE BROOKS

Actor juggles OITNB role with Broadway commitment

Danielle Brooks is going from orange to purple — jumping from *Orange Is the New Black* on TV to a Broadway stage in the upcoming *The Color Purple* revival.

The actress, who plays Tasha "Taystee" Jefferson on the Netflix series, will play the proud, no-nonsense Sofia in the production directed and designed

by John Doyle. She'll play the role Oprah Winfrey had in the film.

"My body is having an out-of-body experience," she said Wednesday by phone from a writers' workshop in New Harmony, Ind. "I'm so shocked and honoured and grateful."

The cast also includes Jennifer Hudson as Shug Avery and Cynthia Erivo as Celie. All three women will be making their Broadway debuts. Performances start Nov. 9 at the Bernard B. Jacobs Theatre.

Brooks said *The Color Purple* was the very first Broadway show she ever saw 10 years ago when she was 15.

"Now, 10 years later, I get to do it," she said. "I'm trying to hold it together."

Doyle opened his production of *The Color Purple* in 2013 in London at the Menier Chocolate Factory. Music and lyrics are by Grammy winners Brenda Russell, Allee Willis and Stephen Bray.

The musical is a stage version of Alice Walker's Pulitzer Prize-winning novel set in rural Georgia that covers a lifetime of events observed by Celie, a homely, uneducated farm woman whose dreams are repeatedly shattered by the cruelty of males.

Brooks, born and raised in

South Carolina and educated at Juilliard's drama program, has been in the film *Angry Birds*, HBO's *Girls* and *Time Out of Mind*, starring Richard Gere.

She said she hopes she can juggle both her new Broadway commitment and *Orange Is the New Black*, which soon begins filming its fourth season and she credits with jump-starting her career.

"It's opened so many doors in so many ways. I'm grateful that they've been so supportive of me and the new journey that I'm about to take," Brooks said. "Taystee is very much still alive. So far. Knock on wood, please."

THE ASSOCIATED PRESS

N-SCORES

Neeson named top celebrity pitchman

Ad executives looking for a celebrity to endorse their product can't do much better than actor Liam Neeson.

That's the conclusion of the Nielsen company, which looked at celebrities who made commercials during the first three months of the year and ranked them with a calculation that takes into account likability, public awareness, influence and other factors. Its first "N-Scores" were released Tuesday. Neeson and Pierce Brosnan had identical scores of 94, although Neeson was judged to have a greater influence in getting products sold.

By looking at the effectiveness of celebrity pitchmen, the company best known for television ratings will now compete with Marketing Evaluations Inc., a company that produces the better-known Q Score, a measurement of public attitudes toward well-known figures.

Besides attaching scores to celebrity endorsers, Nielsen intends to offer marketers detailed information about the personalities and habits of people who respond well to each celebrity so they can better match pitchmen and products, said Chad Dreas,

CELEBSSELLS

Other celebs with recent ads that scored well in Nielsen's measurement were Jennifer Garner, Natalie Portman, Sofia Vergara, Jim Parsons, Denis Haysbert and J.K. Simmons.

Nielsen's managing director of media analytics.

"What do they buy? Where do they shop? What do they watch?" said Dreas, describing the details Nielsen intends to sell.

Neeson, who has been featured in an ad for Supercell Games, is viewed positively by 78 per cent of Americans who know him, Nielsen said. Brosnan and Matthew McConaughey, both featured in car commercials recently, also scored well in Nielsen's measurement.

Jeff Bridges stood out among celebrities for the amount of influence he carried with his fans, Nielsen said.

THE ASSOCIATED PRESS



Actor Liam Neeson scores highest in Nielsen survey of celebrity endorsers. THE ASSOCIATED PRESS



The 'Fresh-start' Stage.

See page 41 for full details.

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A petition has been submitted to NXNE to pull the Action Bronson show scheduled for June 21. ALL PHOTOS GETTY IMAGES

Rapper says T.O. has 'panties in a bunch'

ACTION BRONSON
Festival backs show despite 'misogynistic' lyrics



Jessica Smith Cross
Metro|Toronto

The organizers of Toronto's North by Northeast (NXNE) festival are standing by their decision to offer a free public hip-hop show featuring Action Bronson — despite a petition asking them to pull the show over a song the petition says "glorifies gang-raping women." The petition accuses him of "violent misogyny" and calls the lyrics of his song Consensual Rape "hate speech."

The section of the song cited in the petition

begins, "Then dig your shorty out cuz I geeked her up on molly," and goes on to explicitly describe a group sexual encounter, ending with, "stuff her lunchbox & burn her with the candle."

Action Bronson responded on the controversy, tweeting that Torontonians "have their panties in a bunch" and the song that the petition objects to is a five-year-old "lost track" that he has never performed. "Don't single me out," he tweeted.

Action Bronson is set to perform on June 21 in a public

square at a free show. NXNE released a statement defending the show, and artists' rights "to express their views through music." It invited anyone who is offended to go see a different show.

"NXNE will also present a number of rap artists at various venues, such as Tink and Kate Tempest, who have been lauded for the undisguised feminist viewpoints in their music," said Sara Peel, Managing Director of NXNE, in the statement. As of Wednesday afternoon, the petition against Action Bronson had more than 1,600 signatures.

COMIC-CON

Fey and Poehler action figures? Sure!



Ned Ehrbar

This might be a good time to point out that my birthday is coming up soon.

Toy company Bif Bang Pow! has unveiled its 2015 Comic-Con exclusive, and it is quite awesome. The company has made action figures out of Tina Fey and Amy Poehler and given them a Saturday Night Live Week-

end Update play set. The only downside? The company only made 2,400 of the sets, and they're available for pre-order so I don't foresee that many still being available July.



RELATIONSHIPS

Taylor's pals not keen on Calvin



Calvin Harris. GETTY IMAGES

Taylor Swift seems to be having a fantastic time dating EDM star Calvin Harris, but her pals apparently aren't too thrilled and want her to kick his Scottish bum to the curb. "Calvin's putting on a front now," a

pal reveals. "He used to date a bunch of club girls who were nothing like Taylor. If they ever came forward, it would hurt Taylor's brand," a source tells Life & Style.

But Swift doesn't seem too concerned with her friends' concerns. "They are getting very serious, very fast," the source adds. "Taylor has already introduced Calvin to her parents."

NED EHRLBAR/
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What they're asking



The modern suburban home is made for those who relish the luxury of open space, manicured lawns and quiet, safe streets conducive to raising a family. Metro looks at detached, newer, resale houses in subdivisions outside of town. **Duncan McAllister** FOR METRO



\$1,179,900

Calgary

Aspen Woods is one of Calgary's most desirable suburbs in the southwest. Looma Homes built this detached, two-storey home at 131 Aspen Summit View in 2014. It's a two-storey walkout featuring views to the south, with 3,142 sq. ft. of living space. The main floor is open and bright, with a den and a large, formal dining area. The upper level has three bedrooms and a bonus room that could easily be converted into a fourth bedroom. Tim Lind is a sales representative for Re/Max Real Estate (Mountain View), 403-333-0837.



\$447,000

Edmonton

Here's a bright, two-storey home in the Se-cord suburb, with an open-style floor plan and modern finishings. There are three large bedrooms, two and a half bathrooms, a finished basement and a double attached garage. The great room offers hardwood floors with a fireplace. The chef's kitchen has a large island with an eating bar, granite counters and lots of cabinetry. Bill Bhamra is a sales representative with Liv Real Estate, 780-707-2673.



\$439,900

Winnipeg

Here's an example of a three-bedroom, four-bathroom home in the Sage Creek community. This is a custom-built Broadview home with an attached garage. The upstairs also has a loft family room area and French doors open onto the master bedroom. This property has a professionally landscaped backyard with a garden shed and fire pit. Listing agent is Darryl Walsh, a sales representative with Royal LePage Dynamic Real Estate, 204-297-0860.



\$539,900

Ottawa

This four-bedroom home in Morgan's Grant features spacious principal rooms, a striking foyer, two family rooms plus an open, finished recreation room. There's cherry flooring on the main floor, marble in the powder room, foyer and laundry, and imported Italian tile in the kitchen. There's also a fenced backyard. Listing agent Geoff McGowan is a sales representative with Re/Max Affiliates Realty, 613-216-1755.



The 'Let's-downsize' Stage.

See page 41 for full details.



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metronews.ca/panel **metro**

The man who grows chairs

DESIGN

Gavin Munro shapes growth around frames for furniture

Deep in the English countryside, there's a bizarre sight: rows of trees being grown into upside-down chairs, slowly taking shape over years of careful nurturing.

Around 150 armchairs, 100 lampshades and other items including mirror frames are being grown out of the ground in a highly unusual adventure in furniture design.

The brainchild of Gavin Munro, his Full Grown company has produced some early prototypes, with each item one solid, jointless piece of wood.

"It's a bit like a vineyard. You've got a few years to get everything up and growing," he said.

And it is not simply a case of planting the trees and leaving them to it. There's plenty of give and take between Munro and his plantation.

"They don't grow into chairs on their own. At the same time, you can't force them to do anything they don't want to do otherwise they die back," he said.

The 2.5-acre plot of rented farmland is situated in the rolling grassy fields outside the market town of Wirksworth in rural Derbyshire, central England.

On a farm also containing a micro-brewery, a smokery, flower cultivation and plenty of sheep, the rows of trees are growing around blue corrugated plastic frames.

Munro, 40, nurtures them and coaxes them into shape, through years of pruning, coppicing and grafting.

Patience required

Willow can take four to five years to grow into a chair, whereas oak can take up to nine years.

Munro also works with ash, hazel, crab apple and sycamore. Early experiments with chemical weed killer caused more harm than good, so organic methods are used.

The daily duties involve

grounds maintenance and trimming the furniture with secateurs.

"At any given point, there's a branch that's in the right moment to do something and you've got to find it," said Munro. "For every 100 pieces, there are 1,000 shoots and branches that you want, and 10,000 that you don't. It's not necessarily obvious which one is which."

Early experiences got Munro's mind racing about what he could do with trees.

His mother had an overgrown bonsai which looked like a throne, while a bad back as a youngster meant Munro's spine was broken and reset in hospital.

"That got me thinking about grafting and how things stick together." AFP



Furniture maker Gavin Munro. AFP PHOTO/OLI SCARFF

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Garrett

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\$2999



Skip

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\$3795



Lexie

Contemporary styling on this sofa and loveseat in top grain white or black leather.

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On top of the hill overlooking Deerfoot Meadows



A chair from Full Grown can take years to create.

PHOTO VIA FULL GROWN ON FACEBOOK

PRICE TAGS

Full Grown goods attract international buyers

Full Grown's chairs go for \$4,761 CDN, lampshades start at \$1,714 and hexagon-shaped mirrors at \$857. Pre-sales have

largely gone to customers in France and the United States, but the telephone is also buzzing with orders from London, Hong Kong, Germany and Spain. AFP

The new backyard hangouts

When Morgaine Ford-Workman and Wren Workman bought a house with a backyard shed, they saw the potential for something more than storing garden tools. The couple transformed the 10-by-12-foot building into a bar to use during outdoor parties at their home in Morrisville, Penn.

THE ASSOCIATED PRESS



MORGAINE FORD-WORKMAN VIA THE ASSOCIATED PRESS

NO GARDEN TOOLS HERE

Barshed draws rave reviews

"We're involved in community theatre and we like to throw a lot of parties," Ford-Workman said. "It's an extra place to hang out." Ford-Workman and her husband spent about \$300 fixing up their structure, which friends have dubbed "Barshed." They furnished it with cast-off furniture from friends. "Our Barshed is nothing to put in a home-design magazine by any stretch of the imagination, but all our friends rave about its existence," she said.

ECONOMICAL MOVE

No need to buy new house

Jennifer and Eric Antonow added a shed to their Palo Alto, Calif., property because they can't afford a bigger house. "It made so much economic sense," she said. They use their shed as a home office and recording studio. It sits next to their hot tub, so sometimes they use it as a changing room. Jennifer also anticipates serving drinks there while entertaining outside. The Antonows needed a permit to install the shed, which rests on a concrete slab.



JEREMY HORGAN-KOBELSKI/STUDIO SHED VIA THE ASSOCIATED PRESS

NEED A PERMIT?

City and municipal rules vary, so check with the local zoning department before adding a shed to your property.



MAIN SHED PHOTO VIA ISTOCK

+ REPURPOSED SHEDS GAIN POPULARITY

Converted spaces serve various purposes

People looking to get more use out of their backyards are building or converting sheds for a variety of purposes. There are backyard pubs. "She sheds," when they're built by women. Home offices. Art or yoga studios. TV rooms. "As we

continue to explore other ways we can utilize our backyard space, we will continue to see trends like this," said Stacy Nelson, who owns a backyard-design consulting firm, Backyard Mamma, in Weston, W. Va. "We want to be in nature and unwind." The do-it-yourself element and the

sheds' visual impact have made them popular on social media sites, Nelson said. "It's gaining in popularity. It's all over the board what people are using them for." The sheds range from stylized structures with sliding glass doors to buildings made from repurposed materials. THE ASSOCIATED PRESS



The 'Encore' Stage.

See page 41 for full details.

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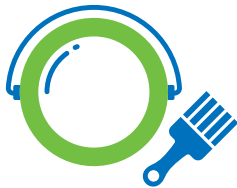
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'Hawks going back to Cali

NHL PLAYOFFS

Chicago pushes Anaheim to limit in Western final

Duncan Keith had three assists and saved a goal in the third period, and the Chicago Blackhawks beat the Anaheim Ducks 5-2 on Wednesday night to force a Game 7 in the Western Conference final.

Brandon Saad, Marian Hossa and Patrick Kane scored in the second to help the Blackhawks hand the Ducks their first regulation loss of the playoffs. Andrew Shaw had two goals in the third, and Corey Crawford finished with 30 saves.

The Blackhawks improved to 31-0 when leading after two periods and erased some of the sting from Monday night's 5-4 overtime loss.

Patrick Maroon and Clayton Stoner scored for the Ducks, and Frederik Andersen made 18 saves.

Anaheim caught a break when Jakob Silfverberg brushed up against Crawford's glove on Stoner's first goal of the playoffs at 1:57 of the third, trimming Chicago's lead to 3-2. There was no call on the play and Crawford threw up his hands in exasperation after Stoner's big slap shot went into the net.

But Crawford quickly put the play behind him, hanging tough while the Ducks made

GAME 6 In Chicago

5

2

a frantic push for the tying goal. He got some help from Keith when the two-time Norris Trophy winner swept a shot away from the goal line about 3 1/2 minutes into the period.

Shaw finally got the Blackhawks some breathing room when he beat Andersen with a nifty backhand high into the net with 3:32 left. Andrew Desjardins made a nice hustle play to get the puck over to Shaw for his third playoff goal.

Shaw then added an empty-netter in the final minute as Chicago improved to 7-1 at home in the playoffs.

The Blackhawks' biggest stars stepped up during a key stretch in the second, led by another terrific all-around performance for Keith. Shaking off the Ducks' plan to wear down Chicago's top four defencemen, Keith had his fourth multipoint game of the playoffs.

Chicago will have a chance to put last year's Game 7 loss in the West final against the Kings to bed on Friday night in Anaheim.

THE ASSOCIATED PRESS



The Blackhawks celebrate Brandon Saad's second-period goal on Ducks goalie Frederik Andersen on Wednesday night in Chicago.

TASOS KATOPODIS/GETTY IMAGES

WORLD CUP

Officials say tournament won't be tarnished

The FIFA corruption scandal won't tarnish the Women's World Cup, say the Canadian Soccer Association and Canada's sports minister.

Swiss prosecutors opened criminal proceedings into FIFA's awarding of the 2018 and 2022 World Cups Wednesday.

News of the criminal investigation comes 10 days before the Women's World Cup kicks off. The 24-team tournament runs though July 5 in Edmonton, Vancouver, Winnipeg, Ottawa, Montreal and Moncton.

The CSA, which doubles as the World Cup's national organizer, said in a statement that it was "extremely disappointed by today's developments and welcome and support all efforts to eliminate this type of behaviour in the sport."

The CSA said it would make no further comment.

Federal Sports Minister Bal Gosal, meanwhile, said he's confident that Canadian soccer authorities won't be pulled into the criminal investigations into FIFA executives and that the World Cup will be a success.

Gosal called the allegations terrible, but an internal matter for FIFA's executive.

Bal Gosal

GETTY IMAGES

THE CANADIAN PRESS

MLB

Twins beat BoSox for 5th straight win

Aaron Hicks homered for the first time in more than a year and the Minnesota Twins extended their winning streak to five games with a 6-4 victory over the Boston Red Sox on Wednesday.

Eddie Rosario also homered for Minnesota, which has won nine of 11. The Twins swept Boston for the first time since June 13-15, 2006.

Dustin Pedroia homered twice for the Red Sox, who have lost six of eight.



The Twins' Aaron Hicks rounds the bases following his two-run homer.

THE ASSOCIATED PRESS

IN BRIEF

ChiSox beat Jays in extras

Adam LaRoche drove in Jose Abreu with the go-ahead run in the 10th inning as the Chicago White Sox defeated the Toronto Blue Jays 5-3 on Wednesday at Rogers Centre.

Abreu led off the 10th with a triple after Josh Donaldson extended the game with a solo homer an inning earlier. Pinch-runner Emilio Bonifacio tacked on an insurance run when he scored on a Gordon Beckham double.

THE CANADIAN PRESS

Manning back under centre with new coach

Denver Broncos QB Peyton Manning is getting used to being under centre again as he adapts to coach Gary Kubiak's run-oriented, play-action offence with all its rollouts, handoffs and mobile pockets.

Kubiak said Manning, who has been much more comfortable operating from the shotgun late in his career, has "been very responsive and he's working extremely hard."

THE ASSOCIATED PRESS

MEMORIAL CUP

Oceanic keep CHL title hopes alive

Michael Joly had a goal and three assists as the Rimouski Oceanic chased goalie Zach Fucale and downed the host Quebec Remparts 4-0 on Wednesday to stave off elimination and force a tiebreaker game at the Memorial Cup.

While Philippe Desrosiers made 27 saves for the shutout, Fucale was pulled in favour of Callum Booth at 12:40 of the second period after Alexis Loiseau made it 4-0 on Rimouski's 25th shot. Booth made 17 saves.

The result put the Kelowna Rockets into the semifinal on Friday because they had the best goal percentage among three teams who finished the round robin with 1-2 records.

The Oceanic (1-2) and Remparts (1-2) will play a tiebreaker game Thursday night to decide the second semifinalist. The Oshawa Generals (3-0) earned direct entry into the final on Sunday.

Rimouski has won its last six games at the Pepsi Colisee.

THE CANADIAN PRESS

RECIPE Sliced Chicken with Mango Guacamole



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10 minutes
Cook time: 10 minutes

Ingredients

- 6 single boneless chicken breasts
- 1 cup mashed ripe avocado (1 large or two small)
- 3 Tbsp chopped cilantro
- 2 Tbsp reduced-fat mayonnaise
- 2 tsp finely chopped jalapeño pepper (or 1 tsp hot chili sauce)
- 1 tsp finely chopped garlic
- 4 tsp lemon or lime juice
- Salt and pepper
- 1/2 cup diced ripe mango
- 1/2 cup finely diced red bell pepper

Directions

1. Grill the chicken breasts, just until cooked or temperature reaches 160 F, approximately 10 minutes. Keep covered while preparing guacamole.

2. For guacamole, combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice and salt and pepper in a small bowl.

3. Slice each chicken breast on an angle, set on a serving plate, add guacamole down the centre and garnish with mango and red pepper.

Nutrition per serving (recipe serves 6)

- Calories 162
- Protein 26.4 g
- Carbohydrates 1.8 g
- Total fat 5 g

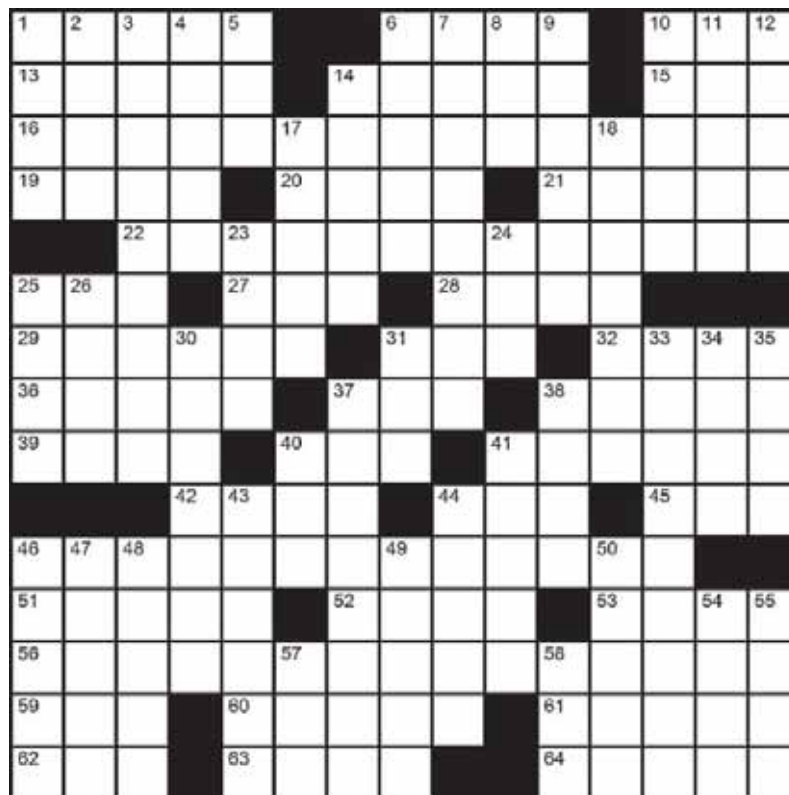
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Actress Cheryl, and surnamesakes
6. Seaport of Yemen
10. Musician's trophy, e.g.
13. Self-mover's rental
14. GNR hit: "Sweet Child ___"
15. 13th Greek letters
16. Place for shoppers to hunt for deals: 2 wds.
19. Aleutian island
20. Woodworking wedge
21. "Sugar is sweet and ___ you."
22. "The Littlest Hobo" theme song: 2 wds.
25. Leandro's beloved
27. Grad-to-be, briefly
28. Faux pas
29. Map's travel lines
31. Medicine watchdog in The States [acronym]
32. Agnus ___ (Mass prayers)
36. Lay to rest
37. Headshakes
38. Bandleader Mr. Goodman
39. Madeline of comedies
40. Atop, in poetry
41. Steve of "The Office"
42. Unfeeling
44. "The Fresh Prince of ___ Air"
45. 'Headache' in French, ___ de tete
46. Moncton is Canada's first official



- one: 2 wds.
51. Broker
52. CCR tune
53. "Assuming that's true...": 2 wds.
56. Alberta/Montana: ___ International Peace Park
59. Nero's 56
60. Desert visions

61. Canadian band, The ___ MacNeils
62. Arrange
63. "___ I say, not..."
64. Beer mug

DOWN

1. Montreal-born songstress
2. At the drop of

- ___ (Fast)
3. Locale on Halifax Harbour
4. French explorer in Canada, Pierre ___ de Monts
5. Patty Hearst's kidnappers [acronym]
6. Scope
7. Charli XCX's current

- song collaboration with #18-Down
8. Nav. rank
9. Hollywood's Liam
10. Approaching, archaically
11. Canadian writer Alice
12. In ___ (Upset)
14. "___ Majesty's Se-

- cret Service (1969)"
17. Paperback numbers
18. Record producer, Giorgio ___ (Trivial He produced most of Donna Summer's hits)
23. Flanders river
24. Onetime bird
25. Mr. Estrada
26. Minister of Health Ms. Ambrose
30. Start of a count-down...: 2 wds.
31. 'F' in FWIW
33. Shots from the other side: 2 wds.
34. "To Live and Die ___" (1985)
35. Word segment [abbr.]
37. Strix ___ (Great Gray Owl, fancy-style)
38. "Road to ___" (1952)
40. Texter's "No! Way!"
41. Mr. B. DeMille
43. Pathless
44. Skyline components, for short
46. Waits
47. "___ already." (Reply to a donation request)
48. Rolling Stones album: "___ Bleed"
49. Top-notchers
50. Certain CFL-er, curtly
54. Bandar ___ Begawan (Brunei's capital)
55. Port city of Algeria
57. Universal principle
58. Stomach muscles, commonly

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A change in your social or professional standing is likely, but will it be a change for the better or a change for the worse? If you are offered something new but slightly scary ... go for it!

Taurus April 21 - May 21
You can turn a minor success into a major triumph today, simply by letting others help you complete what you started. Don't let pride of creation or ownership stop you from sharing your good ideas.

Gemini May 22 - June 21
Don't waste time worrying about something that is about as likely to happen as the Sun rising in the west. The planets warn you are wasting time and energy fretting.

Cancer June 22 - July 23
Try not to criticize a colleague for what goes wrong today, even if it is clearly their fault. Most likely they will feel even worse about it than you do, so let them know you don't blame them.

Leo July 24 - Aug. 23
Something you are working on may look complicated but actually it is really quite simple. Talk to someone who knows what they are doing in this area and before long you will be as big an expert as they are, maybe bigger.

Virgo Aug. 24 - Sept. 23
It never hurts to be careful but there is a fine line between caution and outright mistrust and if you cross that line today you may regret it.

Libra Sept. 24 - Oct. 23
You may be tempted to tackle ten things at once today so that you can begin to get on top of your workload again. Set yourself a sensible schedule and tackle just one thing at a time.

Scorpio Oct. 24 - Nov. 22
A colleague may tell you that a job has to be done a certain way but if your instincts tell you otherwise then trust yourself and do it your way. What's the worst that can happen?

Sagittarius Nov. 23 - Dec. 21
Don't commit yourself to anything too strenuous today. Save your energy — physical, mental and emotional — for tomorrow and over the weekend when difficult tasks will be easier to handle.

Capricorn Dec. 22 - Jan. 20
You may have to do something you don't particularly enjoy today but if you knuckle down and get on with it you should finish in good time. More importantly, of course, you must make a good job of it.

Aquarius Jan. 21 - Feb. 19
No matter what interesting events you have lined up for the day you will have to postpone at least one of them so you can help a friend or family member who desperately needs your assistance.

Pisces Feb. 20 - March 20
Don't try to hide your feelings today because others will see right through you. Being such a sensitive soul you are rarely able to disguise your true emotions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★

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